the santa clara valley **Sun Magazine**

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Running just for the health of it

Whether you run, play racquetball, bowl or ski, fun is usually what you're after but exercise is what you get. Pat Rausser and her daughter Page run for the fun of it and they join lots of other people who enjoy the pursuit of health. Inside this week's SUN magazine, you may find the sport that will grab your interest and tone up those muscles.

(Photography by Howard Lipin)

people talking

Rod Diridon used to lots of activity

By MARY LESTER

RON DIRIDON, the new Chairman of the Santa Clara County Board of Supervisors, may have only 38 years of calendar living but he's had enough positions of authority, honors awarded and thousands of volunteer hours given to total maybe over 100 years of activity. Even while going through high school and college, he worked as a service station attendant, a carpenter's apprentice, a skiing instructor, a fraternity comptroller and a S.P. fireman-brakeman.

Possibly, though, the outside world first took notice of Rod when, as an eight-year-old in Dunsmuir, he started a business of peeling poles. Like so: his dad would cut down fir and pine trees on the property and Rod would skin and sell them as two-by-fours for twenty-five cents apiece. A year or two later, deciding on a side line, he built a rabbit hutch, bought one male and one female rabbit and — presto! — in the rabbit sale business.

Inevitably, there were years of one accomplishment after another and it all soon became an accepted way of life with the present supervisor. So serving on two dozen civic committees seems to faze him not. Rod Diridon himself told us, "Recently, our family name was analyzed in terms of the Latin derivation and was described as the 'decision giver,' equaling, of course, Diri-doni, that makes up the full name." How true, because from now on more so than ever, it will surely be decisions, decisions, decisions. Good luck, Mr. Chairman ... Since his retirement in October, **Chuck Winner**, former manager of the main branch of the Post Office in San Jose, has mapped out plans for hiking the entire 1,000 mile-long John Muir trail. That's a mighty long walk. Chuck plans to take it in different stages and times, starting this winter...

Volunteers, thankfully, come in all shapes, sizes and ages. With this in mind, the American Lung Association recently saluted their oldest and youngest volunteer at a luncheon in their honor. Senior citizen, **Marcelle Earl**, won out as oldest. She used to work for PG&E and now toils freely for others. Then there was 10-year-old **Jeanie Andrade** who stuffed envelopes at home. Jeanie is a fifth grader at Encinal School and was recently elected secretary to the student council. Oh my gosh; Rod D. — you better watch out!

'TIS A FASCINATING collection indeed and most everyone who makes the rounds of gun shows has certainly seen at least several of **Robert Hedden's** over 250 different kinds of U.S. Military knives. Saratogoan Bob is considered to have the best private collection of such knives in California. It all started at age 13 when a great uncle gave him his first knife — a 1904 Hospital Corp. issue. Then, while in the Marine Corp. during the Korean conflict, Bob taught stick and knife fighting and his interest in knives just naturally grew.

He considers an Ames' Riflemen's Knife the most beautiful. Issued during the 1847 Mexican War to the Regiment of Mounted Rifles, there were only 1,000 made. The knife has a 12-inch blade, rosewood handle and a black leather and brass mounted scabbard. The rarest knife dates from around Civil War days. Called the Dahlgren Board Knife Bayonet, it is a huge knife made like a bayonet, but collectors consider it a knife because, although made to go on a rifle, it wouldn't fit the rifle and hence was used as a knife by sailors when boarding enemy ships. (Seems the military was making production boo boos even then). The oldest known military issue knife is the Andrew G. Hicks dating from around 1835. During the Revolutionary War you grabbed what you could — from the kitchen. Oh, yes; the collection is valued at about $25,000 and for obvious reasons is not kept at Bob's home or at his Western Electric office in Sunnyvale...

When Liberty House in Eastridge started its "we must sell out" sale last week, one of the buys was the huge library-type dictionaries that were $62.50 and went for $24. Now, that's a bargain by anybody's definition — including Webster...

It will be a new twist in putting on a meal when the San Jose Symphony Opera Support Committee has a fundraiser come Jan. 21. To be held at the new Convention Hall, the hope is that enough money will be made to present a production of Carmen. In expectation of accomplishing this goal, the committee came up with the novel idea of persons hosting a table of 10 at $12.50 per seat. The hostess, besides paying for her own meal, also pays for the food and arranges what will be served. One table could offer a formal dinner, another a snack type of meal (but lots of it) while still someone else might serve several kinds of soups. Judges will decide who was the most innovative.

Diane Robinson, project co-ordinator for the Santa Clara County Buddy Program, would like you to remember that all year 'round there is a need for men to substitute as a father image to boys 6-16-years-old. The Buddy Program tries to match up people who live nearby and have similar likes. This doesn't mean you're "stuck" with the boy, or he with you, but it's a mutual giving of one another's companionship and trust on a regular basis. Phone Diane at (408) 244-5252...

washington watch

Valley has two new Washington lobbyists

By MARTIN GOTTLIEB

WASHINGTON — As the new year begins, Santa Clara County and the city of San Jose both have Washington representatives — also known as lobbyists — who weren't in place at the start of 1977.

Newest to town is **Susanne Elfving**, formerly of the staff of **Mayor Janet Gray Hayes. Elfving** arrived in town in November to take over as the lobbyist for the county. Before that she had been the main contact in San Jose for the lobbyist representing the city.

Since July, the latter spot has been filled by another young woman, **Barbara Goldman.** Formerly associated with **Rep. Barbara Jordan**, the Texas Democrat, Goldman came to the San Jose position after having served in a similar capacity for Toledo, Ohio.

Elfving works among a bunch of lobbyists for other counties in offices about two blocks west of the White House; Goldman among a group of city lobbyists in offices about two blocks north of the White House.

Goldman pointed out that she is the only woman among 16 city lobbyists in her office. So saying, she made a face indicating disapproval of that situation.

BUT SHE ISN'T fooling anyone. The absence of women only makes her all the prouder of her position, and both she and Elfving are proud of the prominent role women play in the government of the Santa Clara Valley in general. San Jose has a female Mayor and deputy mayor, and the county board leader is a woman.

What do the lobbyists do? To a large degree they function as the Washington eyes and ears of their respective employers. It isn't just a matter of making sure that the valley gets its share of federal dollars, though that's part of it.

Said Goldman, "For Toledo I was constantly identifying grants and sending out (the information) to the city." It seems Toledo — like Ohio in general — had been slow about getting into the federal pocket and was making up for lost time.

Her work for San Jose, though, is "vastly different."

"San Jose took full advantage of Great Society programs," she said. "Because it already went through that, I don't have to.

"So it 's not looking for every piddling penny. It's scrutinizing to match the needs of specific San Jose programs with what's available," Goldman said.

The city, she implied, would rather avoid the hassles that go with federal grants unless there is a real, concrete need.

IN FACT, FOR BOTH Goldman and Elfving, though the latter was really just getting into things when interviewed, the concerns these days seem to be not so much with specific grants as with broader general policies just now taking shape within the Carter Administration.

One of the more interesting ones is what Goldman referred to as "the definition of 'distressed' versus 'non-distressed' cities."

The Carter Administration has a cabinet-level group called the Urban and Regional Policy Group (URPG) under **Pat Harris,** Secretary of Housing and Urban Development. In a speech in San Francisco last month, Harris laid out the basic policy of URPG. In the only underlined sentence in the draft HUD is distributing, Harris referred to "the proposal to 'tilt' federal programs to benefit distressed cities."

She didn't say — and the Carter Administration has made no proposal — how distressed would be defined, whether by unemployment rates, welfare expenses, some measure of housing decay, or what.

But to a lot of people it sounded like she was talking about "tilting" to the northeast or the old cities.

Elfving reacted strongly to the notion that San Jose doesn't have the economic problems of the old cities.

"SAN JOSE doesn't look as bad," she acknowledged. "The situation is fast changing rather than decaying. But (there is) displacement of people. We have 23 to 25 per cent minorities, and we are "sowing seeds" to either copy or avoid the problems of the older cities.

At last report the entire URPG report had run into problems at the White House on an unrelated issue: the President's feeling that it was just another call for more money. So the future of the distressed — non-distressed argument is up in the air.

One policy area in which things are looking better for places like the valley is transportation. Because it is less centralized than older cities, San Jose faces greater expenses in building up a mass transportation system.

Now, for the first time, the Carter Administration is proposing to fund mass transportation projects at the same federal percentage as highways. If that gets through and the total numbers of dollars is enough, San Jose will be likely to benefit.

IN ANOTHER AREA, a crisis was weathered earlier this year during consideration of the just-passed Social Security bill. A proposal passed through a subcommittee 6-2 which would have required all government employees to belong to the Social Security system. San Jose employees had two years ago voted to leave it, and Goldman said the proposal would have cost the city more than $4.6 million in the first year.

Goldman said the alarm was spread to San Jose **Reps. Norman Mineta dnd Don Edwards,** both Democrats, who joined the successful effort to defeat the proposal.

The coalitions the two valley lobbyists find themselves in on such general questions are constantly changing. Sometimes the county might even be pitted against the city, as in a policy dispute warming up now as to which level of government U.S. crime fighting funds ought to go to, the state, county-wide planning agencies or municipalities.

But the simple idea of a lone city or county out there fighting to get federal money understates both the complexity of the federal government and the all-encompassing effects of federal policy. The coalitions are crucial.

"If you really thought you could do it yourself," said Elfving, "you'd be kidding yourself. It's a big pond."

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Fun ways to get and stay fit

Sports can keep your body running

By BRIAN K. GRAYSON

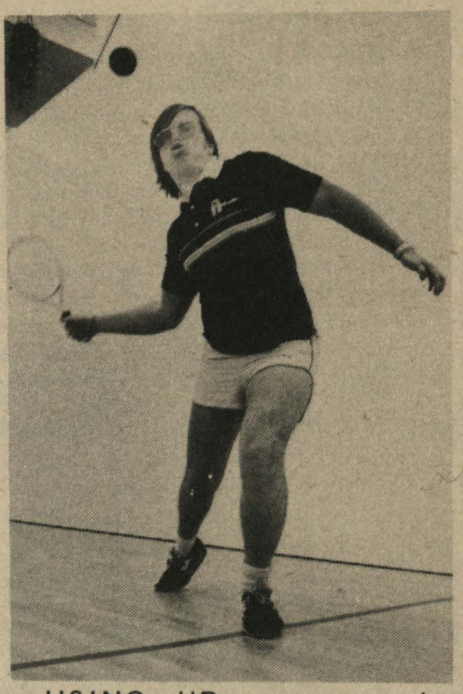
ALL ACROSS the country, young and old alike, are finding new ways to get old bodies in better working condition.

The Santa Clara Valley is no exception, as residents are flocking to participate in all types of physical activities. Some of these activities have been with us for a long time and require no special equipment and cost very little, while other activities are just catching on and may cost quite a bit.

For those fitness buffs who tend to bounce from sport to sport and desk jockies that need exercise but don't know where to start, racquetball is one of the biggest fitness activities to sweep the nation since tennis gained mass acceptance.

Unlike tennis, racquetball takes only a few minutes to learn and you can hit the ball as hard as you want and it still remains in play. It also eliminates the frustration of chasing balls all around the court or gathering them up from the net.

The game is played in a rectangular box forty feet long, twenty feet wide, and twenty feet high. All four walls, the floor, and the ceiling are used during the game. The game is scored like volleyball, with twenty-one points needed to win. Only the server may score points.



USING UP energy and calories is part of raquetball, a growing sport that is an excellent way to exercise, as Rob Gaskin demonstrates.

PLAYERS SAY that an hour of racquetball is not only fun, but it's one of the best physical workouts you can get. The game is being played by all ages, with the greatest number of players falling into the 22-29 age bracket. And more and more women are picking up rackets to challenge male and female opponents.

There are several racquetball courts around the Santa Clara Valley, including Wallbangers and Supreme Court. At Wallbangers, it costs a non-member $3.50 per hour per person to play. Wallbangers also offers various priced memberships that allow members to reserve courts and play at a reduced rate.

Getting started in racquetball is very easy. The game requires only a small monetary investment. Aside from the court fee, you don't even have to buy a racket, since the courts will rent you one for 50 cents. If you want to buy a racket you can get a good one for between $15 to $50. A pair of tennis or basketball shoes, a pair of shorts and a shirt, and you're ready for the workout of your life.

Within the next few years it appears racquetball will become one of the biggest participant sports in the country. Tournaments have already begun, and more and more courts are being built. It's a low cost, fun way of keeping fit.

FUN IS A KEY ingredient when it comes to motivation to keep in shape. And there are lots of fun activities that help condition your body at the same time.

Bowling has been around a long time and although it provides minimum exercise, it is a fun and fairly inexpensive way to indulge in a little activity. Other fun fitness activities include golf, roller skating and ice skating. Even frisbee flying incorporates running and jumping in its free form fun.

Among the most popular ways to exercise is jogging. Joggers are a dedicated breed who indulge in their sport individually or with several other runners. Joggers seem to invade any area with good running possibilities, especially during the pre-dawn darkness. The popularity of jogging can be attributed to being able to do it wherever and whenever one wants to, and the fact there is no cost for equipment other than a pair of shoes.

One of the newest ways to keep fit is a program called Focus on Fitness. Focus on Fitness (FOF) is a project of rock music promoter Bill Graham. This is just one of several new projects he is backing as he branches out into other areas.

FOF will have workshops all around the Bay Area, including the San Jose area. Participants enroll in the one year program at a cost of $175. The first five weeks are an intensive educational and activities training program, one day a week. Participants will be tested to find out where their level of fitness currently is. An additional day a week (during the first five weeks) will be an activity day, to put into practice what was learned in class.

IT DIFFERS from other fitness programs in that emphasis will be placed on the psychological as well as the physical health. The goal of the program is that at the end of the year you will know how to take care of yourself not only through physical fitness, but through nutrition and total well-being.

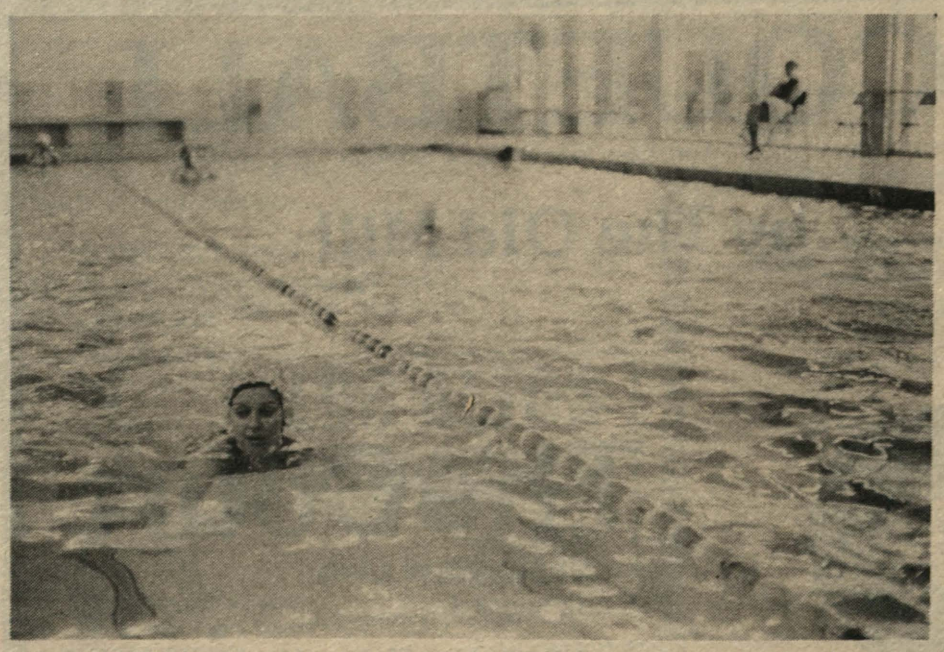
FOF has a medical advisory board that includes a research cardiologist and a nutritional psychologist. The board has written the text that guides the course. Heavy attention is given to nutrition and stress reduction.

In addition to classes and activity days, FOF participants will receive newsletters, be able to attend special forums, be given periodic physical testing to keep tabs on their physical condition, and be entitled to discounts on sporting goods at various retail outlets.

Focus on Fitness will be holding open houses in January in preparation for the beginning of classes next month. Open houses will give interested fitness buffs a chance to find out more about the program and meet members of the staff. Two will be held in the San Jose area.

There are lots of options for those who are interested in health and keeping in shape. Of course, the easiest option is to not do anything, but our bodies will pay the price eventually.

Whether jogging, playing tennis or racquetball, bicycling or another form of exercise is the one that keeps you fit and having fun, you're among the increasing numbers of people who are doing something for their bodies.



SWIMMING IS an excellent way to keep in shape or get in shape for the summer months. Local YMCAs offer lessons for 6-month-olds to adults. Classes start this week and go the year round.

Bowling is a hit for family recreation

WAY BACK WHEN, in the days when the late Charlie Baer of San Jose was becoming California's first 200 bowler, the sport of bowling was thought of as a rather shoddy pastime.

Bowling centers then were considered "hole in the wall" establishments that certain folks would simply refuse to enter. Bowling was considered second rate!

But, to steal a phrase from the current women's movement (women were also considered second rate at the time), bowling has "come a long way, baby!"

Bowling has risen from its "hole in the wall" existence of the 30's to become the number one participation and family sport in the nation, according to bowling center proprieter Jack Flanagan.

"There's no other game like it for family recreation," added Flanagan, owner of Alma Bowl and North Valley Lanes, and also a member of the Professional Bowler's Association. "The entire family can go out and participate on an equal basis. It's the only game that kids to grandma and grandpa can compete together."

"AND BOWLING is still very reasonable for family recreation," said Flanagan. "Bowling for years has not increased in comparison to the cost of living and wages."

"Right now bowling is more popular than ever, due to the increased facilities and television coverage of the major tournaments," he said.

Bowling centers are constantly full all over the valley with well over 30,000 persons taking part in league play. There are over 17,000 women and 14,000 men in competition in the Santa Clara Valley.

There are 14 centers in the area. Along with Alma and North Valley, there are Plaza Lanes, McKee Bowl, Fiesta Lanes, Capital Lanes, Oak Ridge Lanes, Cambrian Bowl, Saratoga Lanes, Futerama Bowl, Homestead Lanes, Moonlight Lanes, Sunnyvale Bowl and Cherry Lanes. Each alley sponsors between 30 and 50 leagues.

"Bowling centers are like a poor man's country club," added Flanagan, who has had a love for the game ever since he was a pin-setter back in his teens.

FLANAGAN, THE author of a pair of 300 perfect games, got into bowling as a business five years ago. He listed Alma Bowl as a real estate agent and decided to take the opportunity to buy it. Just last summer he opened the North Valley complex in east San Jose.

Flanagan's entire family is heavily involved in the sport of bowling. His 18-year-old son Kevin is well on his way to becoming an established bowler. In fact, Flanagan and Kevin just might be the only father-son team to have each rolled 300 games.

The sport has certainly come a long way over the years to reach its spot on top of the participation list. And it looks like its popularity is here to stay!

Paul Masson marathon attracts avid runners

MARATHON RACES were the Hellenic substitution for war and in the same spirit, although the organizers are not trying to outdo world leaders, the Israeli and Egyptian national marathon champs have been invited to compete with many other runners in the Sixth Annual Paul Masson Champagne Marathon.

If they come, they will join the national champions of Mexico, Canada and Japan, marathon champions from many cities in the United States and other world-class runners in the 26-mile race through the Saratoga and Cupertino foothills.

Scheduled for Jan. 22, the race will start and finish at the champagne and wine cellars of Paul Masson. The marathon will award 500 prizes to runners including a championship ring for the winner, awards for division winners and pewter plaques for those that finish the race in under three hours.

During the race, there will be careful traffic control, aid stations every three miles and computerized timing so the results for every runner can be made available the next day by Tymshare Corporation.

ANOTHER NEW feature this year will last many years, because the city of Saratoga is going to mark the course in blue permanently. "It's the only marathon in the U.S., maybe in the world, that will have a permanent course," said Dan O'Keefe, founder and chairman of the event.

O'Keefe, who himself runs about five miles every day, explained that he founded the marathon six years ago because of the "great numbers of distance runners in the Santa Clara Valley" who had to travel some distance to participate in marathon runs. Now, runners travel from all over the United States to come to the Valley and participate in the well-established Paul Masson Marathon.

The over 30,000 brochures distributed throughout the world have drawn marathoners from many corners of the world. Some of the homegrown runners that will participate in the race are Gary Tuttle, two-time NCAA steeplechase champion and two-time AAU marathon champion from Ventura, and Brian Maxwell, one of the most promising marathon runners in the United States.

And last year's men's and women's division winners, Dr. Paul Thompson of the Stanford Heart Disease Prevention Center and Penny DeMoss, will defend their titles.

THIS YEAR, runners will also be able to benefit from the experience of well-known distance runners. De Anza College, in cooperation with the race, will offer a seminar on long-distance running on Jan. 21. Gary Tuttle, Brian Maxwell, Kevin McDonald, winner of the 1977 Washington, D.C., marathon, Dan Cloeter, 1977 winner of the Chicago and St. Louis marathons, and John Bramley, U.S. marathon representative to the Kosice, Czechoslovakia marathon, will be among the speakers.

The keynote speaker at the clinic will be Dr. Peter Wood, Deputy Director of Stanford University Heart Disease Prevention Center. He will speak about the health benefits of running and will also run in the marathon. The second speaker will be Dr. Michael Levy, a Harvard-trained psychiatrist who will discuss the psychological benefits of running.

The seminar will go from 10 a.m. to 2 p.m. Registration fee for the class is $2. For more information, call the SLS 90 office at De Anza College.

Registration for the race is also still open. Call Dan O'Keefe at 257-6670 for more information.

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By ALISE GENDAR

AIMLESS EATING will get you in trouble. Ideally, you should eat for a purpose: to nourish your body, to relax and enjoy a pleasurable experience, to rejuvenate after a long night's sleep, to end the day around the family table. These are some of the valid aims of the process of eating.

Eating at these times puts you in target. Your eating is aimed. It's when you are targetless that you are dangerous. You are ahead of time for a doctor's appointment and rather than spend the time sitting in his reception room, you drop into the corner coffee shop for a cup of coffee. Period. Except that the danish pastry looks so good . . . that's aimless eating.

You are waiting at the sepcified place for you husband to take you to the movies. He is late and to sweeten your disposition you grab a candy bar from the newstand. That's aimless eating.

I had a business woman tell me recently that she could directly attribute her weight gain to her car pool. One member was half an hour later leaving the office. While they waited, the other three chipped in and bought all sorts of snacks and goodies. Aimless eating.

Between meal snacking won't hurt one bit. Just be certain that it, too, is aimed at nutrition and has the purpose of adding to your daily intake rather than your weight.

Staying aimed is not difficult. Proper eating at proper times is the first line of defense. Try this for lunch, then see if you can't take an afternoon of wandering aimlessly amid the snackeries of the outside world without a wayward glance or an unaimed bite.

ZUCCHINI LUNCH

1 medium zucchini
2 ounces hard cheese
¼ cup chopped celery
2 slices diet-sliced bread
tomato juice or beef bouillon to moisten

Blend bread slices and cheese in blender. Wash zucchini, cut in half and scoop out seeds. Score underside every 1½ inches. Add celery to breadcrumb mixture along with moistener and season to taste. Stuff zucchini with this. Bake at 350 degrees for 45 minutes.

That should give you a warm comfortable feeling in your tummy for the rest of the afternoon. Whenever you set out, review where you are going and the frustrations and unexpected happenings that just might crop up along the way. Preparing your mind ahead of time will lead you to elect to wait in the doctor's reception room and read a fashion magazine rather than slurp up unnecessary coffee plus. You'll buy the latest paper, not candy, at a newstand. Instead of arriving early for the car pool, you'll think about using the time to clean up office clutter. The substitute for aimless eating is aimed action of any part of the body but the mouth.

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The pros know all about it

Exercising doesn't have to be punishment

YOU MIGHT CALL it coverup to rival Watergate. While most of us try to fight the ever present waistline bulge and generally poor physical condition with sporadic trys at jogging or working through some boring calisthenic routine, the people whose business it is to score touchdowns and slam dunk are holding on to a secret.

The secret is a system of exercise that allows them to attain and maintain a good physical condition in just 12-15 minutes of exercise a day. What's more, they tell us, that Joe and Jane Average (you and I) need only 6 to 10 minutes a day to be able to cinch up the belt a couple of notches or climb a flight of stairs without becoming winded.

It turns out that this secret system of exercise has been around since George Allen ran things down in Ram country. In fact, the concept was first researched at the Lockheed Human Performance Laboratory in Sunnyvale over a decade ago, resulting in the astronauts taking it with them to the moon.

So why is everyone so closed mouthed about it? We're told by the developers of the system, Fitness Motivation Institute of America in San Jose that they would like everyone to know about it as it is considered by many exercise physiologists to be the single most important breakthrough in exercise since Sandow first flexed his biceps. It's just that the Institute is reluctant to turn the system, dubbed "Aerokinetics" over to the advertising copy writers, fearing it would end up just another fad approach to exercise.

"To avoid this," said the Institute's National Director, Ron Useldinger, "we took the professional approach. In fact, most of the people associated with our organization have backgrounds as coaches, athletes, physical therapists, exercise physiologists and physicians. We do use an accommodating device, but you're not going to find it on the shelves of your nearest sporting goods store or in the pages of a mail order catalogue. We're not selling equipment, but promoting a program of exercise which we know is the best in the world . . . and one we feel is the answer to our nation's greatest health threats . . . cardiovascular disease, obesity, bad backs and a general deteriorating physical condition among the American people."

Useldinger was a coach at Homestead High School, Cupertino for ten years and he started on the program 12 years ago.

His claims are being backed up by studies in Human Performance Laboratories around the country. The major portion of these studies are being done at the University of Arkansas under the direction of Dr. Barry Brown, president of the Central States Chapter of the American College of Sports Medicine.

TED KWALICK, tight end for the Oakland Raiders, works at an Aerokinetic rowing exercise, which will give him strength and flexibility through the shoulders.

"DURING THE PAST eight years," said Brown, "we have rigorously evaluated the effectiveness of exercise regimens ranging from the Air-Force 5-BX and X-BX programs to Zen. Approximately three and one half years ago, I became interested in a revolutionary new concept of exercise which we now call Aerokinetics.

"Following six months of personal experimentation, I noticed several dramatic changes in my back and leg strength and flexibility. It was somewhat surprising to me in that I had been jogging and weight lifting for 10 years without showing significant improvement in these areas. Therefore, I decided to embark on a series of studies into the effects of Aerokinetic exercise on all physical fitness parameters. Our research is still continuing, but at this point I can easily say that Aerokinetics is one of the most efficient and effective exercise methods yet developed . . . producing the best fitness results for the time spent in exercise."

While these studies are in progress, the institute has established the program with such professional teams as the Oakland Raiders, the Minnesota Vikings, the Seattle Seahawks, the Golden State Warriors, the Pittsburg Penquins and others.

"What we do with these athletes," said Useldinger, "is to use Aerokinetics to increase strength and more importantly, flexibility, in the muscles used in these sports. The effect is to increase the reaction time and power. There has also been increase in endurance and the prevention of some of the occupational hazards such as muscle pulls.

Dick D'Oliva, the trainer for the Golden State Warriors, commented, "It's a great unit for a person that's on the move." The Warriors are introduced to the program during training camp each year and then use it on their own, especially during off-season to keep in shape.

D'Oliva estimated that 50 percent of the Warriors use the Aerokinetic device through the year and called it the "best on the market."

The Institute's not only involved with professional athletes but has introduced the programs to thousands of high schools and colleges which includes a national shoulder girdle strength testing program. It is also being used by fire and police departments throughout the nation, in hospitals and clinics for rehabilitation purposes and with military units.

"Over the past 12 years we have put hundreds of thousands of individuals on the program," said Useldinger. They usually hear about the program through a lecture series our people conduct for conventions and other organization meetings. In addition, we are reaching others where they work, through an Executive Fitness program which we've taken into business and industry."

THE APOLLO EXERCISER, the accommodating device used in the program, is rather a simple inexpensive piece of equipment which applys a drag or resistance to a piece of nylon rope being pulled through the units. Its small size makes it possible for just about anyone to carry out the program just about anywhere. In essence, the device slows the speed at which you can exercise your muscles through a range of motion. This causes your muscles to work at maximum capacity trying to overcome the speed which remains constant.

"It's like doing 15 or 18 repetitions at once," indicated Useldinger "Therefore, you can cut your time spent in exercise about two thirds, and still get the same benefits offered by a more conventional program . . . say, weight lifting. Actually, the results are better, because Aerokinetics produces a more supple flexible muscle fiber."

Aerokinetics also improves cardiovascular efficiency, the reason that most people who jog are jogging. This is done with an accessory that attaches to the exerciser, called an Aerobic Running Harness. With it one can bring his or her jogging program indoors out of range of the neighborhood dogs and inclement weather.

WHEN QUERIED about getting stiff and sore, Useldinger commented there was little to none. Apparently the program just doesn't create the kind of physiological conditions that cause soreness. This is due to the low repetitive nature of the exercise and a flushing effect of the capillary system in the muscle group when the exercise is finished.

"The only thing we can't reduce is the effort!" says Useldinger. "Once you're involved in Aerokinetics you will know you have been through a workout, but you will feel refreshed and invigorated, not exhausted. Aerokinetics is a very intense exercise program, and physiologists are telling us that intense exercise of short duration is the best kind of exercise when it comes to protecting the vital life processes in the body."

Now that the secret is out, those wanting more information about the Aerokinetic program should contact: Fitness Motivation Institute of America, 36 Harold Ave., San Jose, 95117.

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Who says skiing is so dangerous?

ONLY A FOOL would try to tell you there is absolutely no danger in skiing. But studies by the U.S. government and independent research groups have shown recreational skiing is far less dangerous than most every other contact recreational sport.

Thousands of Americans are killed and seriously injured every year in household accidents but no one would think of telling you not to live in your home. For the same reason, new skiers should not be scared away from trying the sport in either its alpine (downhill) or nordic (ski touring) experience.

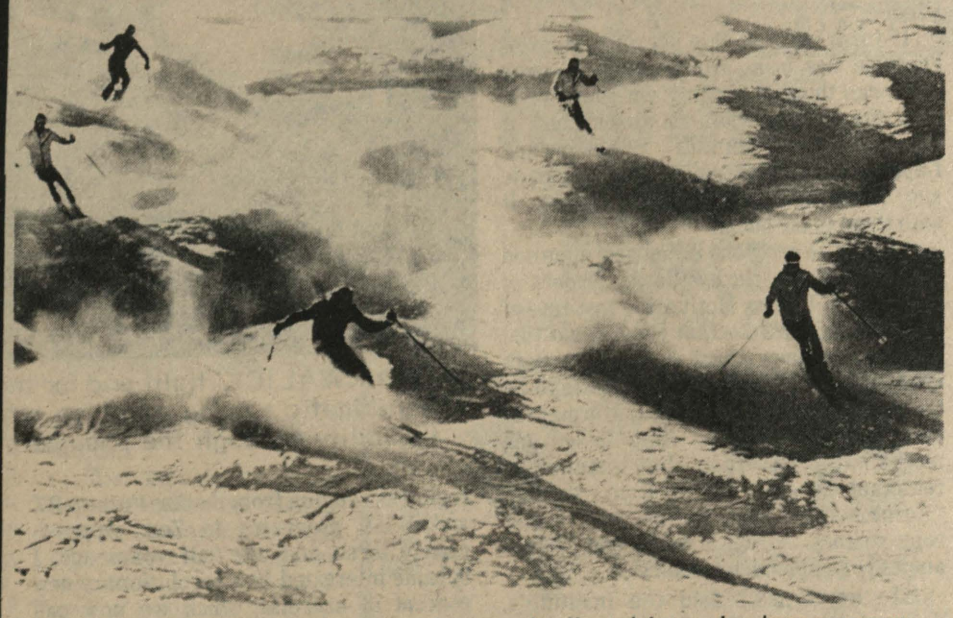
Research shows a majority of skiing injuries are lower limb injuries and most of these could have been avoided if the ski binding — the device which attaches the ski to a skier's boot — had released at the time of the accident. That points to one clear-cut guideline for skiers, new or not-so-new: use proper bindings and have them installed or inspected by a knowledgeable person, whether that's a savvy ski shop employee, a qualified ski patroller or someone with similar experience.

The sad thing is that many would-be skiers try the sport on borrowed or second-hand equipment with bindings which are obsolete, improperly adjusted or improperly installed. Play it safe — if you're in the early stages of learning to ski, rent equipment from a responsible person whether that's at a ski area or through a ski shop.

THE INDIVIDUAL skiing considerably beyond his or her ability is another contributor to skiing accidents. Persons frequently try skiing on a hill that's just plain too tough for them. If you want to "play" at skiing, play it safe.

There are many considerations when deciding to try skiing. However, the misconception that skiing is dangerous, as compared to other sports that normally are considered routine, should be laid to rest. Skiers themselves have the capability to make the sport safer than the average through some inexpensive, logical steps.

Eight million Americans consider this effort and the rewards of skiing well worth the minor risks inherent in the sport.



A field of moguls poses no danger to the skier who has proper equipment — and the proper training in the art of navigating those big white mounds.

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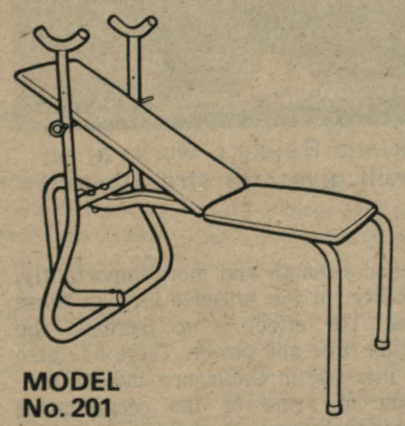

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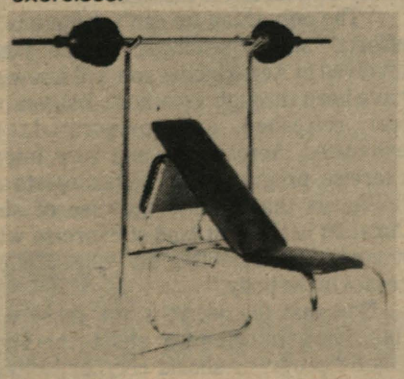

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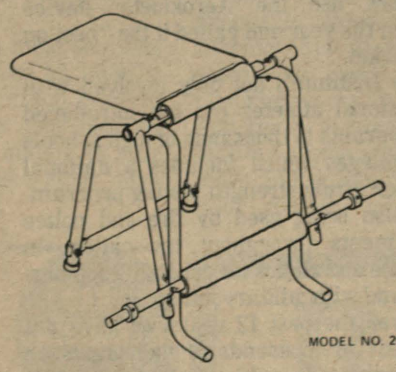

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If alignment is not correct (B), your boot may slip off from the heel plate when you try to snowplow causing you to lose control of your skis. So take the time to check your alignment and correct it if it needs adjustment. Proper boot-heel plate alignment *is* important for keeping control of your skis.

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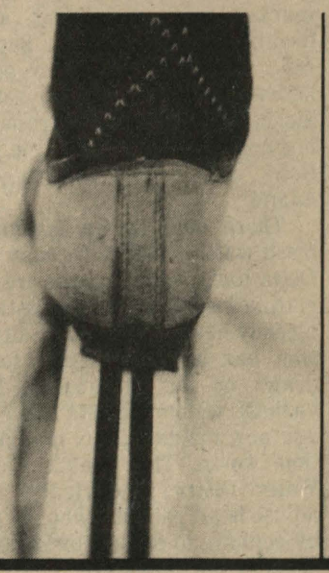
A



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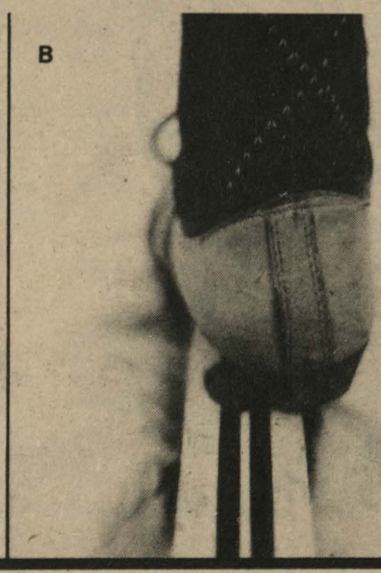

A new weekly feature in the SUN magazine.

YMCA offers exercise classes

DO YOU HAVE SOME excess weight to get rid of? Feel tired in the early evening and fall asleep in front of the television? If so you probably haven't exercised in quite some time and are very much out of shape.

If you want to change your life style some, get into the swing of things by joining one of The Central YMCA's Cardio-Vascular fitness programs. The Central "Y" has 3 co-ed fitness programs to choose from. They are on Monday, Wednesday and Fridays from 6:45 a.m. - 7:30 a.m., 12:15 - 1 p.m. and 5:30 - 6:30 p.m.

The "Y" also has a womens only exercise program from 10 - 11 a.m. on the same days. There is also a special womens exercise class on Tuesday & Thursday from 10 a.m. - 1 p.m. for non-members, and a pre- and post-natal exercise class from 11 a.m. - noon both for a small charge. Babysitting is available from 9 a.m. to noon.

The YMCA Cardio-Vascular Fitness is a controlled, supervised program of graduated exercise with a warm-up, peak work, and cool-down period. The major emphasis is given to Cardio-Vascular work, stretching and flexibility. The classes are free to "Y" members and you may start the class at any time. The Central Y also has an indoor heated swim pool for adult co-ed lap swimming which is also a great cardio-vascular exercise.

Learn to be physically fit from the experts and come to the Central YMCA, 1717 The Alameda, San Jose, or call 298-1717 for further information.

Cultural grants now up for grabs

Fine Arts Director Bert Gerlitz today announced that application forms for cultural grants for the 1978-79 fiscal year are now available to local cultural organizations. The forms may be obtained at the Office of Fine Arts, located at 291 S. Market Street, in the Civic Auditorium.

Final filing date for grant applications is Friday, Feb. 3. Applications must be received in the Office of Fine Arts no later than 5 p.m. on that date.

The city's 1977-78 budget allocation for local cultural organizations and programs totaled $420,000.00, plus $40,000.00 rental subsidy for use by performing arts groups in city-owned facilities.

Applications for cultural grants are evaluated by the Council-appointed Fine Arts Commission, headed by Conrad L. Rushing.

A grants clinic, designed to assist applicants in determining their eligibility and to answer questions regarding the filing of applications, will be held on Tuesday, Jan. 17, at 5:30 p.m. in Meeting Room 3 of the San Jose Civic Auditorium. For reservations for the clinic or further information regarding the cultural grant program, call the Office of Fine Arts, 277-5144.

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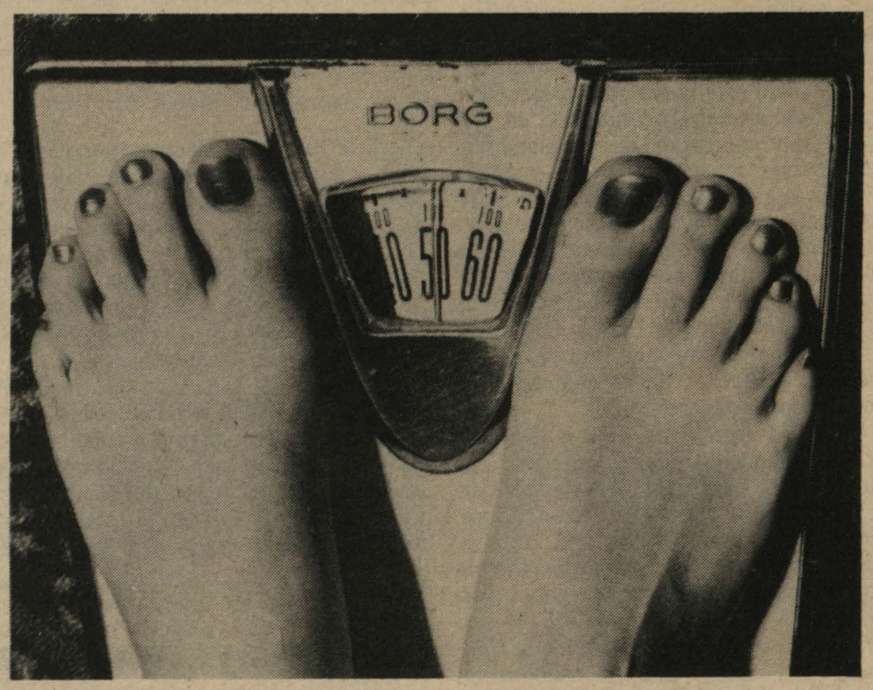

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San Felipe

Costly water shipment for imaginary need

By ANDREW BALDWIN,
ANNE BARTZ and TOM McKENNA

Andrew Baldwin is Legal Director of Friends of the Earth, and has been active in the San Felipe opposition. Anne Bartz is an associate editor of Not Man Apart. Tom McKenna is a legal researcher for Friends of the Earth. This article is reprinted with permission from the Friends of the Earth Magazine, Not Man Apart.

(Art by Charlie Aquilina)

First of two parts

BETWEEN THE hamburger stands and the shopping centers, at the edges of the football fields where the sprinklers don't reach, behind the new tract houses before the camellias and the ferns and the grass seed arrive, is the real California. In the in-between places, in the cracks between civilization's asphalt and a neighbor's garden hose, grow dry brown grass, mustard, tumbleweed, wild oats — sparse weeds of an arid climate.

That California is the most productive agricultural area in the United States, and that it can accommodate thousands of immigrating sun-seekers every year, is due only to a massive and Faustian shifting of water over the face of the state. Pockets, here, flow to ditches, there; lakes are scooped out onto plains; the north's water feeds the south's lack; until it seems as though the Great Water Plan in California is to homogenize the land into one great riverless, irrigated veneer of green and people upon the desert.

The Gold Rush was only a flirtation with a tinsel queen, quickly forgotten. The real game in California is water. In the real California, water is life — cattle, crops, houses and cities, and always, money. Since the bloody days when the big ranches bought up the water rights in the Sacramento foothills and ran off the settlers, the history of water politics in California has been one of scheming, speculation, booms, and bitter battles. The movie "Chinatown" was no fantasy — there have been such fights over water in California, people have been killed.

TODAY'S WATER WARS are more civilized, but the stakes are just as high. The players are the United States Bureau of Reclamation, the Army Corps of Engineers, the state, local water districts, and private water companies. The private interests have evolved — farmers have become agribusiness, ranchers have incorporated, civic pride is in the hands of development companies. They all still mix it up over water in the Golden State, and the machinations are as dirty as ever.

A water scandal with all the classic elements — the empire-building bureaucrats, the uninformed public, the land developers, the man who knows too much — is emerging now in the Santa Clara Valley. The scandal raises questions which apply to all the water development now planned for California.

California's Great Water Plan has many parts and divisions, some state, some federal. It is an ongoing organism, with some parts completed and working since the 1900s, some under construction, and still others planned far into the future.

The U.S. Bureau of Reclamation (BuRec) built and operates the Central Valley Project, a multi-billion dollar network of dams, canals, reservoirs, pumps and pipelines. The CVP channels most of the water that would naturally flow out the Sacramento River Delta to San Francisco Bay and diverts it into the Central Valley, the state's biggest agricultural area.

THE SAN FELIPE DIVISION is a proposed sub-system of the Central Valley Project. It would take 200,000 acre-feet of water (one a/f is the amount of water that will cover an acre of land to a depth of one foot) that has been diverted to the Delta from northern California's Trinity River, store it in a reservoir, and then hike it over Pacheco Pass in the proposed ten-mile Pacheco Tunnel and into Santa Clara and San Benito Counties. Santa Clara would receive 75 percent of the water.

The proposal includes digging 8.2 miles of tunnel (1.8 miles were dug in the 1960s), and building numerous canals, tunnels and pumping plants to distribute the water on the Santa Clara side. Water is already being pumped out of the Trinty; once a broad silver ribbon in the north woods, the Trinity has already been reduced to a series of mudholes by Central Valley Project pumping. Under temporary contracts, some Trinity water earmarked for San Felipe is now going through the Delta to repel salt water, and some to the Westlands district near Fresno.

Plans for some sort of water re-routing into the Santa Clara Valley were hatching as early as 1948. Santa Clara used to be one of the most bountifully blessed areas of the state, a cornucopia of prunes, nuts, apricots, pears — everything that comes in one of those yellow-cellophaned dried fruit baskets. They used to call if The Valley of Heart's Delight.

But the balmy climate and lush productivity spelled paradise to servicemen stationed near San Francisco during World War II, and after the war people migrated to Santa Clara County in earnest. San Jose, its urban center, began to sprawl over the orchards. Now it is the 21st largest and the fastest-growing major urban area in the United States — a massive city of 575,000 spreading wildly across the valley, and known now as The Los Angeles of the North.

Today's water wars are more civilized but the stakes are just as high . . . They all still mix it up over water in the Golden State and the machinations are as dirty as ever.

Taking from the poor

CALIFORNIA WATER politics is rarely only a matter of local concern. To get water in one spot, it has to be taken from somewhere else. Some get rich, some suffer. San Felipe water would come out of an enormously complicated water-shipment system, pumped from the Trinity River through the Delta and routed away from the Westlands. What would happen to the losers?

The Sacramento River Delta is a vast marshy spread of rivers and rivulets draining the Sierra into San Francisco Bay. It teeters constantly on the brink between fresh water and salt water. If Sierra runoffs and other fresh water flows are not sufficient to flush the Delta, Tidal flows through the Golden Gate creep inland.

There must be an adequate flow of fresh water coursing through the Delta if Delta towns and Antioch are to continue getting fresh water out of the tap. They are already having problems. Saltwater intrusion has been increasing for years as draws on the Sacramento River from various water projects have increased, and now the drought is making the situation worse. The Contra Costa County Water District and Health Department advise heart patients, who are endangered by sodium, to consult their doctors about drinking bottled water.

The Westlands is another marginal area. It is where, literally, the desert blooms — land there is two and three times as productive as typical American farmland, but gets an average annual rainfall of only ten inches. If Westlands doesn't get enough imported water, some land there will go out of production and revert to desert.

WHO WOULD LOSE? Some Santa Clara County water officials say that San Felipe water is already being routed temporarily through the Delta and going to Westlands from the Trinity — and that this water would go to Santa Clara County at Westlands' expense, with no effect on the Delta. However, Lloyd Fowler, chief engineer for the Santa Clara Valley Water District, said in an interview, "The water from the Trinity River would not be diverted into the Central Valley nor into the Delta if there were no San Felipe Project." That puts San Felipe at the expense of the Trinity River, rather than the Delta.

Ronald Esau, another district engineer, said of San Felipe, "We will take shortages to protect the Delta," implying a problem. The Environmental Defense Fund and Sierra Club sued BuRec, charging that the Environmental Impact Statement for San Felipe did not explain the serious damage that the Delta and Westlands would suffer. During the trial John DeVito, general manager of the Delta's Contra Costa County Water District, said that diverting 200,000 acre-feet of water to San Felipe would be "enough to ruin the water for Contra Costa County." Ralph Brody, manager of the Westlands Water District, is convinced that Westlands would not get cut off by San Felipe, and apparently believes that the loser would be the Delta or the Trinity. Who is right?

San Felipe would unquestionably subtract 200,000 acre-feet of water from somewhere in the Trinity/Delta/Westlands triangle. Some district officials think Westlands would be the loser. Fowler says it would be the Trinity. Esau implies the Delta. The EDF/Sierra Club suit explains the possible routes through a tangled interconnection of state and federal canals, uncertain whether it would be the Delta or Westlands that would deteriorate. DeVito

(Continued on page 9)

A question of expense and necessity

Does Santa Clara County need San Felipe?

(Continued from page 8)

is sure the Delta would lose. Brody says the Delta or the Trimity. Perhaps thay are all right, and a portion would come from each. But one thing is certain — none of these places can spare it.

Water is heavy. One cubic foot weighs about 65 pounds, a waterbed half a ton. So besides drying up the source, water relocation uses pumping energy in spectacular quantities. California's water stewards have created rivers which, in travesty of nature, flow uphill, some as high as 2,000 feet. San Felipe, as currently designed, would consume 168 million kilowatt-hours per year. This is about 20 percent of the total residential power consumption of the city of San Francisco. The environment would pay for this, too.

Giving to the rich

WESTLANDS, TRINITY, and the Delta, which have no water to spare, will draw straws, and the loser will give its water to the Santa Clara Valley. The Santa Clara Valley Water District and BuRec want the big new project, but not to make up for any water shortage in the county, because there isn't any.

Santa Clara County sits atop its own aquifer, an enormous underground reservoir of clean water that cannot evaporate. The aquifer is fed throughout the county by water seeping down through the ground. Water is pumped out as needed, and the level of water in the aquifer rises and falls naturally through summer and winter, dry and rainy years.

The scariest water problem in the county is "subsidence." The ground sinks when groundwater levels fall to far, the way a pie crust falls when the filling runs out. The aquifer was consistently overpumped until 1961, and parts of the county have sunk several feet, causing damage to water mains, streets, and building foundations — as well as a permanent loss of underground reservoir capacity, since the ground cannot be pumped back up. All land subsidence in Santa Clara County stopped before 1969 because the aquifer level has risen — but backers of San Felipe need only cry "subsidence!" and everyone turns white.

EXAMINATION OF THE aquifer level in North Santa Clara County reveals that since 1961, the county has enjoyed a water surplus. The aquifer level rose from 150 feet below ground in 1961 to about 93 feet in 1975, due both to natural yield and new imported supplies from the South Bay Aqueduct and Hetch-Hetchy Aqueduct.

Predictably, during the drought ground-water levels have fallen. But normally Santa Clara County has more water than it needs, and the excess has for years been steadily collecting in the ground. Few areas of California, urban or agricultural, have shown an historic water surplus.

(Update: The **San Jose Mercury** reported on October 12, 1977, that aquifer levels in all Santa Clara County groundwater basins have been rising since August, 1977. Proponents of new water imports (San Felipe) must now explain away this reality: in the irrigation season, in summer, in the middle of the worst drought in history, the ground-water level in the county is rising.)

The district's figures do not demonstrate the need for San Felipe based on future demands, either. A critical reading shows a future water surplus as well. The water district in its Master Plan estimates year 2020 county water demand at 545,500 acre-feet (a/f) per year, and an available supply of 401,000 a/f. Both projections are unsupportable for several reasons.

1) The district claims that all feasible conservation measures are included in the projections, but they total only six percent. The drought has demonstrated that 20 percent water conservation results in little or no inconvenience. With or without heavy rains in the near future, recovery from the current drought will take years, and 20 percent conservation, at least, will be necessary. Therefore, 14 percent more conservation than the six percent the district projects is likely, and would reduce 2020 demand by 76,000 a/f per year, wiping out more than half the future need for San Felipe.

2) The district is now bringing in water through the South Bay Aqueduct. Projections for 2020 include a maximum delivery of 100,000 a/f per year from this source. But in 1975-76 the district got 118,000 a/f from this aqueduct. The extra available 18,000 a/f increases the local supply, reducing the need for San Felipe.

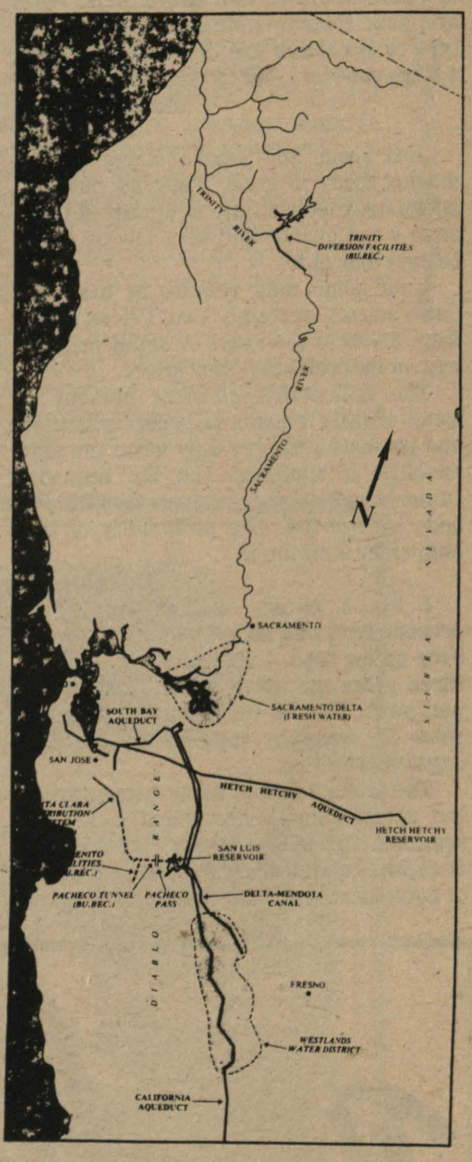
3) Most troubling is the district's attitude toward reclaimed water. The Federal Water Pollution Control Act (FWPCA) states that the national goal is zero discharge of water pollutants by 1985. The ultimate effect of this law is unclear. It may mean that factories and sewage plants will by then be required to discharge pure water. It will at least require tertiary treatment of all municipal and industrial wastewater — yielding water which is usable under current health regulations for many types of irrigation.

THE DISTRICT ADMITS that the county could use 97,000 acre-feet of reclaimed water every year for irrigation; FWPCA suggests that the district will be required by federal law to produce it. Yet the 2020 water supply projection does not include this water. Although the district claims to be undertaking a vigorous wastewater reclamation program, Esau states, "We won't be producing that much reclaimed water. We're waiting for the federal law to change."

Adding all this up changes the district's 2020 water shortage of 145,000 a/f into a water surplus of 61,000 a/f per year. Without San Felipe, Santa Clara County in 2020 will be as plump-full of water as a ripe tomato, and will need no more.

A costly production

Digging holes to plant rhododendrons is hard work. Digging an 11-foot-high tunnel through ten miles of rock is expensive. The Pacheco Tunnel, which would carry water over and through Pacheco Pass, is the costliest part of the San Felipe project. Accessory canals, pipes, and pumping plants dress up San Felipe — the whole thing, by BuRec estimate, would cost about $200,000,000.



A federal boondoggle with a local subsidy built in? Not quite. BuRec is required by federal law to recover most of the costs of its projects for the federal treasury. In the San Felipe case, about 88 percent of the total costs are reimbursable. The reimbursement will be collected from the people who get the water. Based on the BuRec's engineer's estimate (which turns out to be 50 percent too low), reimbursable costs of San Felipe will be about $182,000,000.

San Benito County will pay a small percentage of the reimbursable amount, and finance charges are set at federally subsidized interest rates. Nevertheless, the Santa Clara payout will build up to a fantastic amount over the 40-year contract period. Although the total figure is impossible to calculate, sources on both sides of the issue have confirmed that Santa Clara County may pay $1,000,000,000 or more, almost $1,000 per person. (See Editor's note). San Felipe is the largest construction project ever conceived in Santa Clara County, and the local public debt created will be in proportion to its size.

EDITOR'S NOTE: Opponents of the project have stressed the billion dollar figure continuously throughout the controversy. Two responsible persons in favor of San Felipe, both directors of the Santa Clara Valley Water District, have admitted that the total cost may reach this figure. They are Robert T. Sapp, as reported in the SUN newspapers, May 25, 1977, and Patrick Ferraro, who made the statement to reporter Gary Torresani at KOME radio.

Changing those figures; Palmer knows too much

Robert Palmer is an economic hydrologist — a doctor of water management. He received his PhD in Civil Engineering in 1974 from Stanford, his thesis topic being the operation of the Santa Clara Valley Water District, which he has studied since 1968. Palmer is also an agricultural engineer, was chairman of his department at the University of New Hampshire, and was briefly a consultant to the U.S. Senate on the Westlands Unit of the Central Valley Project.

Palmer is a firm but soft-spoken man in his 50s. He speaks carefully, and seems always to have in front of him a stack of documents, some written by him, some not. He is also confident of San Felipe's ultimate demise, but worries that the dishonesty surrounding San Felipe supports many other water projects.

Palmer discovered that the District changed its 1966 groundwater production data by substituting 1967 data — lining out the old on the computer printout and penciling in the new. At a recent interview he sat with copies of the printouts in front of him, and chuckled — "When they need high figures, they get high figures. When they need low figures, they get low figures . . . It's all subject to manipulation in accordance with the political objectives of the District."

The best way to show that the County will need a lot of water in the future is to show that it uses a lot of water right now. Palmer was intrigued when he noticed that after 1973 the District began changing water use figures for previous years. In 1973 the District reported 1971-72 North County municipal and industrial ("M & I") water use of 237,290 a/f. In 1974, the District revised the 1971-72 figure upward to 242,225 a/f, and in 1975 revised it upward again to 251,108 a/f.

In December, 1975, the District published its "Master Plan" for expanded facilities, a document which projects District water use to 2020, based on growth curves from past experience. The 1971-72 North County M&I figure reported in the Master Plan which projects to a 2020 figure justifying San Felipe is 250,000 acre-feet. A smaller figure won't work. Did the District change the 1971-72 figures upward with its upcoming Master Plan in mind? Palmer suggests: "If present use figures are altered upward, it makes manipulation of demand projects that much easier."

Palmer has been hassling the District about San Felipe for years. But he has trouble getting through to the public: someone does not want Dr. Palmer to be heard. At a District meeting in Gilroy considering the State Environmental Impact Report on San Felipe, Palmer was all but hooted off the podium by a crowd of men in hardhats. The men attending the meeting admitted they were paid to pack the hall, but Palmer does not know by whom.

Several local groups sponsored Palmer to be a panelist at a meeting at De Anza College considering "The Future Need for Water in Santa Clara County." But at the last minute he was informed by the schedulers: the District said if Palmer is a panelist, the meeting is canceled.

consumers corner

Smoke alarms offer protection worth the price

Smoke alarms have come down in price to a point where we can afford them. What are your recommendations for the best type or model and are they safe? We have a large two-story, old (50 years) home.

Robert J. Trask
Cupertino

Just about any smoke alarm on the market today is good. They all have an adequate response time and most of them have a test circuit and/or a low or failed battery indicator.

Your home may require as many as three alarms, certainly two. Prices range from $19.95 to $35 each. A small price to pay for the protection they afford.

The radioactive element present in some of these alarms is securely housed and presents a danger only when the gold envelope is ruptured and the material (americium) is put in contact with the body or ingested. The probability of this happening is minimal.

I am a career woman (sales representative) and spend most of my work time on the road. I use up a car in about three years and drive about 35,000 miles per year. This is no financial problem since my company supplies the car and pays all expenses.

The problem is that about twice a year, the car will break down and it always seems to happen on a lonely road and late at night. I carry thousands of dollars worth of equipment that take months to replace and my personal safety concerns me, also, I am considering the car phone even though the cost is very high. My company won't pay for it as they don't consider this is a business expense. Many other women have these problems and I would like to see your answer in print.

M.R.S.
Santa Clara

A 23 channel CB radio is a useful item to have and may be purchased and installed for under $60 including detachable antenna. Buy the type that can be concealed in your car trunk with the mike (detachable) near the driver. The magnetic base antenna can be removed also when the car is not in use and a "rip off" will be unlikely. Channel 9 is the emergency channel you would use with Channel 17 being the trucker's channel for road assistance.

A CB is almost as good as a car phone and at a much lower cost.

If you know that you remain "cool" in a stress situation and have the knowledge and skills to safely use a handgun — get one. It's a misdemeanor to be in possession of a loaded weapon — but it's a world where a handgun rather than diamonds could be a girl's best friend.

I'm buying a car and temporarily backed out of the deal because of the credit insurance that the sales manager says I must buy through the dealership. The car will cost about $5,000 and I'll be paying enough for the car without this being added on. What are my rights?

B. Schell
Mountain View

The law prohibits the dealer from requiring you to purchase credit insurance as a condition of sale. It's a nice profit item for the dealer to sell you this insurance. The dealer will earn the $76 in interest on your $275 that he pays to the insurance company. The dealer pays in quarterly installments and invests your money to his advantage. He also gets a broker's commission for the sale of this insurance. Bankers call this commission a "retrospective adjustment."

Editor's note: This column is compiled for the SNPI newspapers by Slim Ingham. Consumers United is a non-profit organization dedicated to helping the consumer. Readers seeking help or membership information may write to Consumer United, P.O. Box 311, Palo Alto, 94302, phone 494-1858. For more immediate help with consumer-related complaints, call 245-7402, Monday through Friday, 3 to 7:30 P.M.

thanks for asking

Red? They're supposed to be black berries!

By BUZZ BERTOLERO, CCN

Q: I would be interested in knowing why my berry bushes (either boysen or black, I really don't know which) are full of red berries that do not seem to ripen. They get full sun during the day but are on a hill where watering is difficult.

A: Hillside plantings are always a problem. Water rolls off and does not go down deep to the root system of the plant, causing a weakening of the plant structure and making it susceptible to insects and disease.

Your berries not ripening or ripening only on one side is due to a minute insect called a berry mite. The only way to control them is to spray the bushes in the dead of winter, using a mixture of lime, sulphur and oil from now through February.

Q: We have what appears to be a Thompson Seedless Grape. It has produced a fair crop of grapes on occasion, but this year most of the bunches of grapes have dried up, not fully matured. What could have caused this?

A: Grapes not developing and drying up is due to the lack of water or mildew on the grapes. Give them a good, deep root soaking at least once a week during the growing and maturing season. If they develop mildew during the summer, dust with sulphur.

Q: We have about twenty carnation plants. They grow well, but don't have any blossoms and I would like to know if there is some kind of fertilizer that I should use; now I am giving them steer manure. They are protected from drafts and get morning sun. Do they need lots of water or are they supposed to be on the dry side?

A: Carnations planted this year will bloom next year. Carnations bloom better during the cool months of the year. They should be planted in full sun. Give them a good root soaking every seven to ten days and feed every three weeks with a fertilizer containing no nitrogen, 10 per cent phosphate and 10 per cent potash for blooms.

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Musical auditions set for Saratoga

Auditions will be held at the Saratoga Civic Theatre for the upcoming production of Cole Porter's musical "Anything Goes." Scheduled for Saturday, Jan. 14 at 1 p.m., the auditions will be conducted by the Saratoga Drama Group and music and scripts will be available then.

Katie Hassett has been named producer of the musical which will run for fourteen performances from March 31 to April 22. For more information, contact her at 264-8831.

penny pinchers

Kids love simple things that are so much fun

By SHIRLEY TALLMAN

Dear Shirley,

I just read your article about homemade toys. Although Christmas is past, there are still lots of opportunities all year long for giving toys. Here are some inexpensive gift ideas for children that most kids enjoy. (Mine certainly have!)

Sincerely,

Fran Replogle
San Jose

Erasers
Magnifying glass
Tops
Gyroscope
Yardstick or tape measure
Small slinky (drives parents wild!)
Pencils with name on it (My kids love these and the Paper Place runs a special every year)
Crayons or felt pens
Comb and mirror
Hair ribbons
Change purse (with pennies in it)
Key holder (especially with keys on it for younger kids)
Gold coins with chocolate in them
Kazoo
Little puzzles
Small flashlight (penlight batteries)
Regular size flashlight (with batteries — always a big hit!)
Small baking pans
Small saucepan or skillet
Small bars of soap
Bubble pipe
Gold stars, colored stars, other desk stuff
Name stamp and ink pad (really neat!)
Pads of paper
Receipt books (sales books are 29¢)
Rolls of tickets
Homemade stuffed snakes and bean bags

Fran, you must be everybody's favorite block mother! Our kids have enjoyed every single item on your list and yet I would have been hard pressed to remember even half of them.

Your ideas really started me thinking. Remember the look of sheer delight on baby's face when she discovered what a wonderful (and loud!) noise a wooden spoon makes on the bottom of a sauce pan?

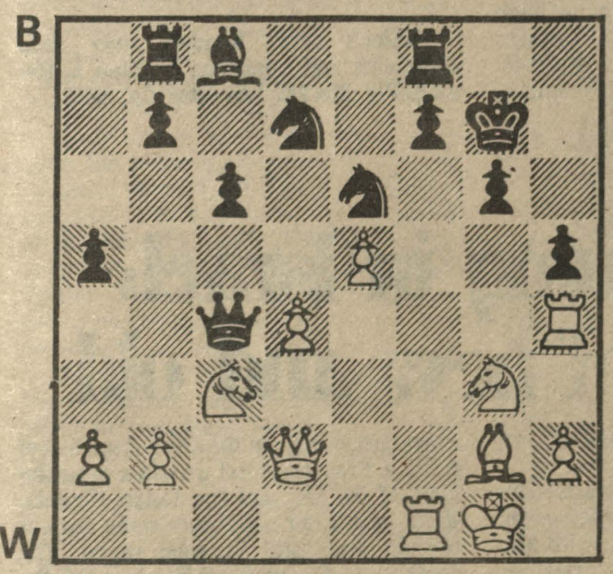
What better gift for a tot than a little broom just like the grown-ups use? (At that age they haven't learned yet that sweeping's a chore!) In fact, anything that looks like Mama's or Daddy's world is an instant hit! An old towel made into a miniature apron for a little kitchen helper will be a treasure. Or a small tool set placed next to the big set in the garage will provide some lucky little girl or boy with hours of satisfying play.

A rainy day idea sure to delight any small child can be easily assembled from one or two colorful magazines, a small pair of scissors, some heavy paper or cardboard and a nice squishy mound of paste. You're sure to find yourself with several new and, I'm sure, unusual montage creations to hang on the refrigerator.

With all the talk nowadays about the high cost of supplying our "sophisticated" children with modern, space-age toys, it's nice to remember the simple, creative joys that can still be found for less than a dollar!

Editor's note: Trying to raise a family on a budget? Shirley Tallman tries to help each week in her column. She welcomes comments and suggestions from readers. Send them to her at: P. O. Box 829, Milpitas, CA 95035.

chess challenges chess cha



PROBLEM NO. 50: White to play and win. Taken from Hort v.s. Jansa and submitted by national chess master Boris Siff of San Jose. Solution next week.

By JOHN SUMARES

Solution No. 49: 1. . . ., R-N6! 2. QxR, B-R5!!

The chess problems presented these last few weeks have been rather difficult but tremendously beneficial in the area of positional analysis. No. 49 shows the White Queen as the only piece covering the K3 square where a check would lead to mate. By R-N6 the Queen is put onto the K1-R4 diagonal or if PxR, the Queen's coverage is blocked and mate follows.

Problem No. 50 is in the grandmaster class. The solution will be quite difficult to find; however, it is based on a "clearance" theme. This theme suggests to move a piece in order to clear a certain square for a more effective piece. Good Luck!

Well, I may have to eat my words concerning Korchnoi. Spassky has made a tremendous comeback, winning the last two games. The score is 7½-5½ but Korchnoi has made several ultimatums with the threat of leaving the match if there is no compromise. One of the requests is to remove the entire audience from the playing site. Hopefully all problems will be solved and the match resumed.

The next tournament available in this area is the Seventh San Jose City College Open on Jan. 28-29. This event will have a section for unrated beginners on Saturday only. For information call Francisco or Amada Sierra at 241-1447.

Send all material for this column to: Santa Clara Chess Club; 741 Pomeroy ave., Santa Clara, 95051.

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the investor

Inflation endangers fixed investment income

By ALAN LERTZMAN

Dear Mr. Lertzman,

In the years before my retirement I saved and invested portions of my income (after taking care of our home and insurance coverage). These investments were principally in growth stocks, life insurance endowment policies, and good yielding Savings and Loan Deposits. On the whole I did pretty well so that when I retired at age 62 in 1968, I had accumulated about $200,000 in safe conservative stocks and bonds which yielded an average 6 per cent or $12,000 per year. At the present time I am primarily interested in income and the security of my capital.

In 1968, $12,000 a year was a comfortable income. However, with growing inflation I find that now that income is inadequate. I am afraid as inflation continues to grow (which it shows every sign of doing) I will have to dip into my principal, to maintain a reasonable standard of living. This could be catastrophic especially if I were to predecease my wife or if either of us were to be struck down with a costly, long-term illness.

My question to you, Mr. Lertzman, is: Can you suggest an approach or method whereby I can invest my capital safely as a hedge against the present rate of inflation and still obtain a decent income?

I would be very grateful for your experienced opinion.

Yours truly,
M.J.A.
Los Altos

Dear M.J.A.:

I found your question very much to the point in these unsettled times. It is a question that is frequently asked of me by persons in similar circumstances. They, like you, are quite concerned with preserving their hard-earned capital and still having it earn a livable income for them, in this era of rapid inflation.

Before going further, I would like to compliment you on your good judgment, foresight and acumen in accumulating the capital you mentioned during your younger, working years. It indicates that you are not a newcomer to the field of investment, and that you have an understanding of financial principles.

YOUR BASIC question appears quite simple. Superficially, the answer is also simple. What is needed is a well-supervised plan. Actually, however, the formation of a sound financial plan is rather complex; it must take into account certain important considerations and then answers to important questions. Moreover, there is no such thing as a universal financial plan; each person's conditions, needs, and obligations are unique. Thus, the plan must be "tailored" to fit your particular situation. For example, answers to the following questions are necessary:

1. How much and in what form are your present capital and other assets? e.g., common stocks, bonds, certificates of deposit, real estate holdings, mortgages, etc. How much of it is readily convertible for reinvestment? I would need to know if you continue to hold those bonds you mentioned that pay interest of 6 per cent.

2. What are your present sources of income, and how much from each? For example, dividends, retirement and/or insurance annuities, social security, partnerships, rentals, etc.

3. What are your fixed obligations? In other words, mortgage, loan, automobile rental or credit payments, insurance premiums, etc.

4. Do you have special obligations? Such as dependent or handicapped relatives or children; unusual medical expenses.

5. You mentioned that you are married. Is your property and capital jointly or separately held?

6. What and how much insurance coverage do you and your wife have? Does this include life, medical and hospital coverage?

7. Taking into account today's cost of living, what do you consider a minimum satisfactory income?

8. Do you have particular prejudices or preferences concerning certain types of investments, such as common stocks, bonds, real estate, partnerships, options, mortgages? What minimum cash do you insist on having in a savings account for emergencies?

9. What are your current taxes and exemptions? Do you anticipate any changes in tax and exemptions in the future?

EXTENDING THE present rate of inflation it appears that an income of $1,000 per month must increase to $2,000 per month in 10 years, to retain your present style of living. The most practical method to achieve this without going back to work is to double you capital through careful and well-supervised investments. Moreover, one cannot purchase stocks, bonds, etc., and then just forget them. Economic trends must be followed constantly and changes made when it appears advantageous to do so.

The guidance of a financial planner who is thoroughly skilled and knowledgeable about all forms of investments is invaluable. Such a person in addition to working with you in formulating your financial plan can also follow trends closely, and advise you when to take advantage of investment opportunities.

The foregoing paragraphs should be of particular interest to persons about to retire, or who have already retired. A major threat to these persons is the diminishing buying power of their assets and retirement income; an urgent need exists to plan for the future in order to hedge against this eroding inflation. If such retired individuals are skilled in investment and planning, well and good. My personal observation is that most people are not prepared financially for retirement.

As you can see, there is no simple answer to your good question. However, one can develop a plan and invest his (or her) assets judiciously, with the aid of an experienced specialist, and thus have a reasonable assurance of retaining one's life style and capital with security.

Editor's note: Readers may send comments and questions to Alan Lertzman, P.O. Box 395, Los Altos, Ca. 94022.

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Vacationing in Israel: a land of new and old

By LARI NEWBURY, CTC

I was really fortunate this month to be invited to visit Israel just a week after President Sadat had his meeting with Mr. Begin. What an exciting time to arrive in this ancient country that is so important to so many religions of the world.

We arrived at the Tel Aviv airport, which is approximately midway between the old city of Jerusalem and the new city of Tel Aviv. Tel Aviv is a city built on the Mediterranean Sea. It has many lovely hotels that are new and built on long and lovely beaches. Even though it was November, it was warm enough that there were many people on the beach jogging, swimming and relaxing.

Because I prefer the old to the new, I must admit that I found the old city of Jaffa most delightful. It has been completely restored and is filled with boutiques, art galleries and small shops. The streets are narrow and open to pedestrians only. There are some lovely coffee houses and restaurants that are built on a promenade overlooking the water and the port of Jaffa. What a wonderful way to spend a day.

The next day we drove from Tel Aviv-Jaffa to the Gaza Strip. It was most interesting to see the acres of orange groves and irrigated farm lands in this area. Their agricultural technology is most advanced and obviously contributes a great deal to the Israel economy. The land is dry and arid and requires a great deal of effort and know-how to make it productive.

We spent a lovely overnight at the town of Tiberus. A beautiful new hotel called the Plaza just opened on the edge of the Sea of Galilee. From the hotel we had a beautiful view of the Sea and the Golan Heights. Right next to our hotel were some ancient Roman walls still in good shape. The contrast of the new architecture of the hotel and the ancient walls of the Roman city was quite beautiful.

My favorite city while visiting Israel would have to be Jerusalem. Within the walled city there is the beautiful Dome of the Rock, the Western Wall, the Holy Sepulchre, and, of course, the Stations on the Way of the Cross from Pilate's Judgment place in Antonia to the Holy Sepulchre.

Another highlight of our trip to Israel was the day we visited Masada. It took 11 months to excavate and reconstruct the ancient city. When you walk on this high plateau overlooking the Dead Sea, there are King Herod's palaces and store rooms before you. Fortunately, they now have a cable car that takes you to the top of Masada. The other way is the three paths that go up the steep side of a cliff, forcing you to climb 900 feet on what looked to me to be an almost vertical ascent! Thank goodness for modern engineering and cable cars!

From the city of Masada we went down to the Dead Sea and had lunch at a lovely resort hotel and then paddled about in the Dead Sea.

Editor's Note: Lari Newbury is owner/manager of Los Altos Travel. Readers can send their questions on travel to Lari, 1756 Miramonte Ave., Mt. View, 94040.

ART - MUSIC - DRAMA - MOVIES - FOOD & DRINK - BOOKS - CALENDAR - MOVIES

Marquee

From fantasy to improvisational productions

C.A.T. inaugurates children's theater series

By BARBARA CARPENTER

ONE MORE GAP in the Lower Peninsula cultural scene will be plugged this month when California Actors Theater inaugurates the area's first professional Children's Theater Series Jan. 15 at Old Town Theater in Los Gatos.

According to Lee Kopp, series manager, the seven-play season offers young people of the valley a subscription season mounted in tandem with the mainstage productions which will run the gamut from fairy tale classics to improvisational theater. The new venture gets underway with a healthy 1,000 subscribers to the in-house series and 25 tour bookings.

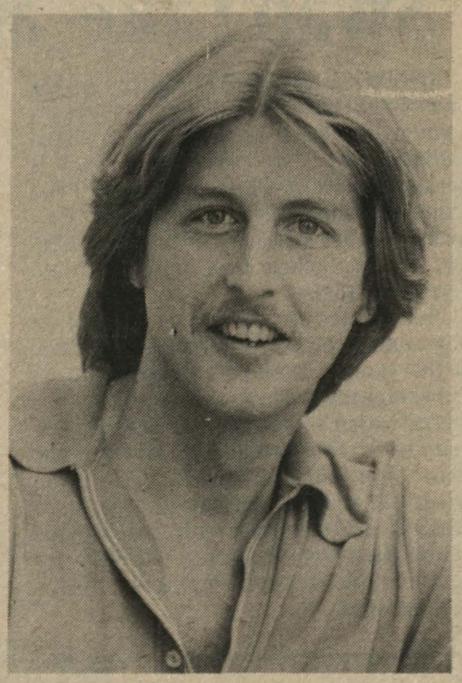
The project is unique to anything heretofore offered in the valley in that it is an ensemble company comprised of ten theater-trained adult actors. The six men and four women, screened from a series of three auditions from 150 applicants, are all Equity professionals or apprentices with considerable stage experience.

Dispensing with elaborate sets and costumes, the cast will wear an ensemble costume for all shows, depending upon props — a wig, cane, scarf, hat of spectacles — to suggest character, plot and action.

"It will be real old time commedia dell' arte repertory," explained Kopp, who added that this is one of the most challenging of genres. "The actors have to be on their toes. Fortunately, we've assembled a truly outstanding cast who are as excited about doing this kind of theater as we think the audience is in seeing it."

Several of the company are familiar to CAT audiences who have seen them during the current season in mainstage productions. Brandon Smith and Michael Keys-Hall were both cast in the "Henry" plays which opened the season and Janet Steiger, who lives in Cupertino, appeared in the holiday production of "Scapino." Bruce William De Les Dernier was seen in the children's shows at the Circle Star Theater this past season while Alan Loebs did a stint with the Committee some years ago.

Ken Embree has not only appeared in many plays but has written children's theater pieces. One of his plays was produced recently at San Jose State University. Completing the cast are Mary Carole Frederickson, Karen Lamb Barton and James Coyle, all local actors. Frank Silvey directs the first production.



LEE KOPP

Kopp's own involvement with childrens' theater goes back to his undergraduate days at San Jose State when he directed The Storytellers, a student work project which toured local elementary schools with fables and fairy tales. For the past 13 years he has produced Phantasy Company, an ensemble of actors and musicians which has played in hundreds of schools, clubs and shopping centers throughout California. He was also House Manager for CAT until appointed to his new post this season.

"Professional Childrens Theater for CAT has been a projection since the company came into existence three years ago," Kopp explained. "Sheldon Kleinman, our executive director, was closely involved with it at both Goodman Theater in Chicago and Yale Rep, where he served as managing director. We all feel it's an important aspect of the theater experience and we're glad to be able to offer it to the people of this area."

Pointing out that most children have had little exposure to quality entertainment, Kopp said he believes live theater offers a "communication" between actors on stage and the audience which by its very nature TV and movies are unable to do.

"In live productions the audience is just as important as the performer. It's a collaboration. But if kids don't see it when they're young, they'll be less likely to accept it as adults."

Even the schools no longer provide much live theater experience, he said. "Ten years ago they still had pageants and that sort of thing. But that's not true anymore. With budgetary cuts, music and the arts are the first slashed out of school programs."

'In live productions the audience is just as important as the performer. It's a collaboration. But if kids don't see it when they're young, they'll be less likely to accept it as adults.'

In order to help fill this vacuum, the CAT Children's Theater will not only present special performances for school groups at Old Town Theater, but bring shows to the classroom. Unlike the theater performances, which run an hour and a half with an intermission, the touring group will be on stage just 50 minutes, to conform with a class period.

Kopp said that while the plays chosen are all suitable for the elementary and junior high level audience, they're essentially "family oriented" and he's expecting parents to enjoy them as much as the children.

"Most of the tales upon which they were based were not written for just children," he pointed out, "but for the whole community. Take Rumplestiltskin (fifth show in the season) — it was written for adults. Most of them are the ancient, traditional way of passing along a cultural heritage by word of mouth."

He also stressed the fact that plays have long been a primary means of teaching language. "Every word is measured — important. Nothing is wasted in good story telling or drama."

The CAT Children's Theater season was originally set to open in November, but protracted negotiations with Actor's Equity Association, the professional actor's union, forced a delay until this month. Early bird subscribers, however, got a Special Christmas bonus with tickets to "Scapino," the theater's family-oriented Moliere farce which packed the house all December. A second "surprise bonus" will be announced later in the season for all charter subscribers.

The series opens Jan. 15 with "The Thwarting of Baron Bolligrew," a fantasy of knights and dragons written by Robert Bolt, author of "A Man for All Seasons." It concerns the comic doings of Sir Oblong Fitz Oblond and his blundering Squire Blackheart as they pursue their dragon-slaying mission on the Bolligrew Islands. This runs weekends through Feb. 4.

Second up is the old favorite "The Emperor's New Clothes," restitched for modern audiences by Charlotte Charpenning. This bright, new adaptation of the classic tale of deception and knavery runs Feb. 12 to March 4.

Fun and fantasy as well as some pleasant music combine in Wesley Van Tassel's "The Magic Isle," set for March 12 through April 1. This commedia piece features all the famous stock characters: Pantalone, The Doctor, Arlecchino and Pulcinella and literally dozens of magical transformations.

"Rumplestilkskin" is the fourth play of the season and is set for April 9-29. Another dramatization by Charlotte Charpenning, this story of the miller's daughter in love with the Prince and the little man with the crazy name is still a perennial favorite.

"Aesop's Fallables," scheduled for May 7-27 is an irreverent replay of the classic tales with a rock musical background. Written by Ed Gracyzyk, it concerns Sir Wilfred Wolf's travels through Aesop-land and his many adventures.

The final scheduled show of the season is Moliere's "The Reluctant Doctor," set for June 3-11. It is the great French playwright's look at the medical madness of his time and the exploits of a would-be doctor.

Season subscriptions to the Children's Theater Series are now available at the Old Town Box Office (Phone: 354-6057). Arrangements may also be made to book special performances either at the theater or in schools.

MICHELE McBRIDE will play Gretel and Kathleen Brown will portray Hansel in the Scholar opera production of "Hansel and Gretel" to play at Spangenberg Theatre at Gunn High School. Designed for appeal to young audiences, the English opera will be staged Jan. 13 and 20 at 8:15 p.m. and Jan. 14, 15, 21 and 22 at 2 p.m.

'Hansel and Gretel' opens season for Scholar Opera

UNIQUE ON THE Bay Area music scene, Scholar Opera has devoted itself to introducing young people to the beauty and excitement of our great musical heritage that is opera, and to providing experience in performance for young professional opera artists.

After its very successful introduction in the Palo Alto area in 1977, Scholar Opera is beginning its second season with a repeat performance of "Hansel and Gretel," the delightful folk-tale opera by Humperdinck. Before the production, many schools in the south Peninsula area will have been visited by members of the cast who will perform, in costume and make-up, short scenes from the opera.

"Hansel and Gretel" will be presented at Spangenberg Theatre, Gunn High School, Palo Alto in January for six performances: Friday at 8:15 p.m., Jan. 13 and 20; Saturday and Sunday at 2:00 p.m., Jan. 14, 15, 21, 22.

Appearing in the cast will be Michele McBride as Gretel, Kathleen Brown as Hansel, Diana Smith as the mother, William Pisenti as the father, and Walter DeLear as the Witch. Musical direction is under Donald Straka, and John Ford has staged the production.

Tickets are available from the Palo Alto Community Box Office, the Emporium, Macy's, Capwell Stores, Peninsula Box Office, Tresidder Ticket Office, and San Jose Box Office. Tickets are $1.50 for youth and $3.50 for adults.

S.J. Chamber Players concert series to open

TICKETS ARE NOW available for the San Jose Symphony Chamber Players' fifth season of Sunday afternoon concerts in the San Jose Museum of Art, 110 S. Market st.

Concert dates this season are Jan. 29, Feb. 19 and March 12 at 3:30 p.m. Once again Andrew Berdahl, principal violist of the San Jose Symphony is serving as program director for the chamber series.

The program for the Jan. 29 concert includes Beethoven's Variations on Handel's "See, the conquering hero comes" from "Judas Maccabeus," Poulenc's Sonata for Flute and Piano and Dvorak's Piano Trio F minor.

Featured in the Feb. 19 program will be Brahm's Sonata in E-flat for Viola and Piano, Lennox Berkeley's Trio for Violin, Horn and Piano, the premiere of John Cooper's "Music for Dance" and Mozart's Divertimento in E-flat for String Trio.

The final concert will include two chamber pieces for soprano — Saint-Saens' "Une Flute Invisible" and Chausson's "Chanson Perpetuelle" — with Helene Weil. Also on the program will be Martinu's "Madrigals" for Violin and Viola, Britten's Phantasy Quartet and Schumann's String Quartet in A.

Season tickets for the San Jose Symphony Chamber Players' series may be obtained by contacting the San Jose Symphony Box Office, 170 Park Center Plaza, Suite 100, San Jose, 298-2300. Special rates are available to students and senior citizens.

The San Jose Symphony Chamber Series is co-sponsored by the San Jose Museum of Art and all proceeds go to the support of the Chamber Series.

S.F. Symphony to perform 'Swan Lake' at De Anza

WHEN SEIJI OZAWA returns to the San Francisco Symphony Orchestra podium this week he brings an unusual calling card . . . the music from what is perhaps the world's best known and loved ballet, Tschaikowsky's "Swan Lake." Performances are scheduled at the Flint Center, De Anza College, Cupertino, Saturday, Jan. 14 at 8 p.m.

Seldom, if ever, do audiences have an opportunity to hear the orchestra version of this famous work performed live by a full symphony orchestra. Ozawa remedies this situation by leading the 102-member San Francisco Symphony Orchestra in the music from Acts II and III of "Swan Lake." It will be performed solely as a musical art form and will not include dance. However, symphony officials report exceptional audience interest in the performance.

Ozawa who served as music director and conductor of the San Francisco Symphony Orchestra from 1970 to 1977, currently holds similar responsibilities with the Boston Symphony Orchestra. In addition to this directorship he is a frequent guest, conducting both concert and opera performances here and abroad. Recent appearances in his native Japan were followed by performances this fall with the Orchestre de Paris and the Berlin Philharmonic.

The San Francisco Symphony Orchestra hosts Ozawa this week in the first of two successive weeks of guest engagements this year. Tickets for these and other performances of the season are available now at the Symphony Box Office, Opera House (432-5400), the San Jose Box Office and all major agencies.

New member for Montalvo board

John S. Langwill, longtime resident of Saratoga, has been elected to the Montalvo Association Board of Trustees, replacing the late Chester Root.

A retired executive of the Westinghouse Electric Corporation and former city councilman of Saratoga, Langwill has lived here 32 years. His other community involvements include the position of director and treasurer of the Los Gatos Community concert Assocation.

The activities of the art center revolve around Villa Montalvo, summer home of the late U.S. Senator and San Francisco Mayor, James D. Phelan, who willed the property to the community for this specific use. The Villa offers galleries for art exhibits which are changed monthly, and classes in art-related subjects which are held year-round. Concerts, plays and lectures are given in the Carriage House and the Lilian Fontaine Garden Theaters. Apartments are available for writers, artists, musicians and others with approved creative projects.

Yamaha Conn Rodgers Music Centers

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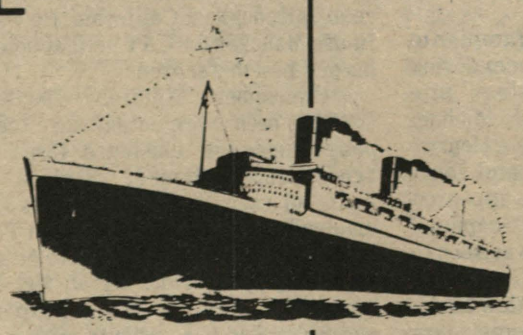


Sunday
January 15th
At 6 o'clock

with Bud Iverson
Alden Skinner
Tony Loviscek

Yamaha Conn Rodgers Music Centers
170 Mayfield Mall Mountain View
Enter at covered parking entrance between Cost Plus and J.C. Penny Company

JEFFREY Swann, the young piano virtuoso who won the Bronze Medal in this year's Van Cliburn International Piano Competition, will appear as guest artist with the San Jose Youth Symphony in its Jan. 14 and 15 concerts. The concerts are scheduled for Saturday, Jan. 14, at 8 p.m. in the Sunset Center, Carmel, and Sunday, Jan. 15, at 7:30 p.m. in the San Jose Center for the Performing Arts.

Famous mime Marceau to appear in San Jose

MARCEL MARCEAU, universally acclaimed as the greatest living pantominist is also one of the most widely travelled stage personalities in the world today. He will appear, for one night only, in San Jose on Feb. 7. The presentation is sponsored by San Jose Theater Guild as part of Marceau's 1978 tour of leading American theaters.

Rarely in the theater world can a non-musical performer captivate an audience for a full evening. Marcel Marceau's success is evidenced by his regular world tours and the demand for his repeated visits to the same city.

Hailed throughout the world as the foremost interpreter of the oldest, through least practiced and most difficult of the performing arts — The Art of Gesture — Marceau has received some of the most stunning praise ever showered on any performer.

MARCEAU'S AMAZING ability to fashion concrete reality out of nothing and his baffling gift of seemingly defying gravity were first demonstrated to the American public during the 1955-56 season. In September of 1955 his debut at the Phoenix Theater in New York created such great public demand that his engagement was moved to the Barrymore Theater for an extended run. Marceau returned to New York the following spring, after a coast-to-coast tour and played a sold-out engagement at the 3,000-seat New York City Center.

His fourteen cross-continent tours since then have unleashed a raft of bravos from critics and audiences alike — with standing ovations the rule. Marceau, who counts Chaplin as one of his early sources of inspiration, is now considered the only true successor to that fabulous mime.

Tickets for this one night only concert are now available at the San Jose Box Office (246-1160), Macy's, Peninsula Box Office and all major Bay Area ticket outlets.

dining out

The continental touch at Lawrence Station

ONLY A FEW years ago Lawrence Station was Marchetti's, an Italian restaurant and working man's bar. Since then, George and Hanna Bollag, formerly of L'Auberge in Redwood City, have completely remodeled and given it a continental air.

A recent group of diners started off with the Scampi Bordelaise, big tender scampi in a delicious sauce. Boston clam chowder following next was of just the right thickness and taste.

One dinner companion had Tournedos of Beef a la Helder at $9.95. This is the heart of the filet mignon with bearnaise sauce and stuffed grilled tomato. The beef was exceptionaly tender and tasty. His partner had Baby Individual Rack of Lamb, broiled with the chef's own parsley-mustard crust and natural juices. It was a bit underdone and was sent back. The price on this was $7.95.

Another diner had the filet mignon with mushroom cap, cooked to perfection, and priced at $9.25. And a fourth member of the group selected Station Agent's Delice of Veal, only $6.85 — lovely tender veal slices in a light mustardy sauce with apples and chives.

Other popular choices are Chateaubriand Bearnaise for two at $19.95, Fruits of the Ocean a la Thermidor, which is mixed seafood combined with mushrooms and chablis sauce topped with Hollandaise, at $8.25, and other veal and steak dishes.

The station's special dessert is a delectable Grand Marnier.

AS A DELIGHTFUL last touch, the salad was served European tradition as the ending of the meal — crisp fresh lettuce and greens topped with a creamy house dressing.

A fine light dry white wine, a chardonnay from the Enz Vineyards, proved to be a good choice to go with all of the meals.

Service was superb all through the meal, and water glasses were always kept full, as a thoughtful touch.

Lawrence Station is now beginning to attract the same crowd that has patronized L'Auberge for years.

Lawrence Station is at Lawrence expressway and Kifer road, Sunnyvale. Open daily for lunches 11:30 to 2:30, and 6 to 10:30 p.m. for dinner. The restaurant features a full bar. BankAmericard and Master Charge accepted. For reservations call 736-3111.

Art museum offers life drawing class

A beginning and intermediate life drawing class will be offered by the San Jose Museum of Art in February. Instructor Peter Greene will teach the class for one college semester (18 sessions) with an emphasis on personalized instruction to a maximum of 15 students.

Starting on Feb. 7, the class will meet on Tuesdays from 1 to 4 p.m. in the studio classroom on the lower level of the museum. The class is designed to increase the student's skills in observation, comprehension and draftsmanship.

College credits will be available through independent study programs. For more information, call the museum at 294-2787.

KING DODO PLAYHOUSE
proudly presents 2 Hilarious Comedies
Fri. Eve., Jan. 13
"ABSENCE OF A CELLO"
Sat. Eve., Jan. 14
"THE GIRL IN THE FREUDIAN SLIP"
Proper Dress Required
Tickets $4.50 Curtain at 8:30PM
Make reservations now—266-6060
12378 Sunnyvale-Saratoga Rd., at R.R. Crossing

San Jose Children's Musical Theatre
presents
"OLIVER!"
Book, music and lyrics by Lionel Bart
Freely adapted from Dickens's Oliver Twist
Directed by John P. Healy, Jr.
Costumes by Stella Hagdohl
Scenery by Steve Cherry
Musical Director, Judy Bingman
TICKETS (donation): Reserved $4.00, Adults General Adm. $3.00, Under 12 Gen. Adm. $2.00
For Information:
353-3915, 371-1607, 247-KIDS
January 20 & 21, 1978 8 P.M.
Matinee January 21 at 3 P.M.

Don Thomson For Theater Guild Presents
THE WORLD'S GREATEST!

"MASTER OF THE VIOLIN"
New York Times
YEHUDI & HEPHZIBAH
MENUHIN
Homecoming Violin & Piano Recital
SAN JOSE FEBRUARY 3

THE WORLD'S GREATEST MIME!
MARCEL MARCEAU
SAN JOSE FEBRUARY 7

CARLOS MONTOYA
SAN JOSE MARCH 3 SANTA CRUZ MARCH 5
ALVIN AILEY CITY CENTER DANCE COMPANY
SAN JOSE MARCH 15
Co-Sponsored By San Jose Community College
JOSE MOLINA BAILES ESPANOLES
SAN JOSE MARCH 18
SAN JOSE MARCH 24 & 25 VICTOR BORGE SANTA CRUZ MARCH 26
ORDER NOW FOR BEST SEATS
TICKETS AVAILABLE AT:
SAN JOSE BOX OFFICE (246-1160), SANTA CRUZ BOX OFFICE (427-1984), PENINSULA BOX OFFICE, MACY'S AND ALL MAJOR BAY AREA TICKET OUTLETS.

CALENDAR CALENDAR CALENDAR CALEN

Copy for calendar listings should be received by the Wednesday before publication date; send it to Wilma Albrecht, S.N.P.I., P.O. Box 368, Cupertino, CA 95014.

Theater

"THE STAR SPANGLED GIRL" — Santa Clara Arena Theatre, 3091 El Camino Real, Thursday, Friday and Saturday from January 12 through February 18, 8 p.m. Tickets: adults, $3.50; children, $2.50, for reservations call 296-SCAT.

"SOUND OF MUSIC" — Presented by The West Valley Light Opera Association, Saratoga Civic Theatre, 13777 Fruitvale avenue, Saratoga, Friday and Saturday through February 11, 8:30 p.m., matinees, 2:30 p.m., January 15, 22, and 29; Thursday evening, February 9, 8 p.m. Tickets: January 13, opening night, $5; Friday and Saturday nights, $4; matinees, $3; February 9, $3; for reservations call 248-8240 or 358-1896.

MIKO IN CONCERT — Foothill College Theater, Los Altos, January 14, 8 p.m. Miko is an internationally renowned European mime and film star. Tickets: $3.50, general; $2.50, students and seniors, for reservations call box office, 948-4444.

"SLIPPERY WHEN WET" or "FROSTY" — Gaslighter Theater, 400 E. Campbell avenue, Campbell, through March, 8:30 p.m., Friday and Saturday. For reservations call 378-9721.

"DAISEY'S DILEMMA" — The Opry House of San José, 21350 Almaden road, San Jose, Friday, 8:30 p.m., and Saturday, 7:30 and 10:30 p.m. For reservations call 268-6060.

"STEAMBATH" — California Actors Theatre, Old Town, Los Gatos through January 29. Tickets: $4.75 through $8.75, for reservations call 354-6057.

"ABSENCE OF A CELLO" — King Dodo Playhouse, 12378 Sunnyvale-Saratoga road, Saratoga; January 13, 8:30 p.m. Tickets $4.50, for reservations call 266-6060.

"THE GIRL IN THE FREUDIAN SLIP" — King Dodo Playhouse, 12378 Sunnyvale-Saratoga road, Saratoga, January 14, 8:30 p.m. Tickets: $4.50, for reservations call 266-6060.

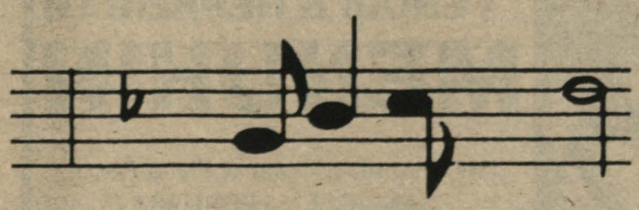
"A CRY OF PLAYERS" — Actors Repertory Theater, 249 S. Second street, San Jose, January 13 and 14, 8:30 p.m. Tickets: $2.75, general; $2, students, military and senior citizens, for reservations call 266-0466.

WILL (John Davies) tells a bedtime story to his daughter Susanna (Cory Waletzko) in "A Cry of Players," being re-presented by the Actors Repertory Theatre through Jan. 13 and 14 at 8:30 p.m. Tickets for the story of a young Will Shakespeare are available by calling the box office at 266-0466.

"OLIVER" — TheatreWorks, Palo Alto Community Theater, 1305 Middlefield road, Palo Alto, January 12, 13, and 14, 8:30 p.m.; matinee January 14, 2:30 p.m. Tickets: $3.50, general; $2.50, youth and senior (not available Friday and Saturday nights). For tickets call 329-2623.

Youth Theater

"BARON BOLLIGREW" — California Actors Theatre, Old Town, Los Gatos, January 15, 4 p.m. Tickets: $2 to $4, for reservations call 354-6057.

"RUMPELSTILTSKIN" — Presented by California Young People's Theater, Sunnyvale Performing Arts Center, 550 E. Remington, Sunnyvale, January 14, 10:30 a.m. and 12 noon. Tickets: $1, at the door or for reservations call box office, 733-6611.

Music

YOUTH SYMPHONY CONCERT — Center for the Performing Arts, San Jose, January 15, 7:30 p.m. Tickets: $2, for reservations call 298-2300.

PENINSULA SYMPHONY — Flint Center, De Anza College, Cupertino, 8:30 p.m., January 13. Aaron Sten conducts an all-Dvorak program. Tickets: $3, general; $1, students, available from Flint Center Box Office, Citizens Savings, Macy's, Emporium.

SAN FRANCISCO SYMPHONY — Flint Center, De Anza College, Cupertino. Seiji Ozawa conducts, January 14, 8 p.m. For ticket information call Flint Center Box Office, San Jose Box Office, Peninsula Box Office, Macy's, Emporium, Tressider.

FANFAIRS IN CONCERT — Foothill College Theater, Los Altos, January 15, 8 p.m. The best in vocal jazz and solos. Tickets: $3, general; $1.50, students and seniors available from the Foothill College Box Office.

CREATIVE MUSIC ENSEMBLE — Jazz concert, Works, 248 Auzerais avenue, San Jose, January 15, 3 and 5 p.m., no charge. It is suggested that you wear comfortable clothes and bring a pillow to sit on.

BORIS BLOCH, PIANIST — Kresge Auditorium, Stanford University, January 13, 8 p.m. Tickets: $4, Tresidder Box Office, 497-4317.

THE NOVA VISTA SYMPHONY — Flint Center, De Anza College, Cupertino, January 11, 8 p.m. Dr. Lauren Jakey conducting. Tickets: $2, general; $1, students and seniors, available from Flint Center Box Office and Foothill College Box Office.

VIVIAN PHILLIPS presents "Looking Toward Spring," an exhibit of recent acrylic paintings at El Gatito Gallery, 123 W. Main st., Los Gatos, during the month of January. Gallery hours are 11 a.m. to 5 p.m. Tuesday through Sunday.

FRIDAY NIGHT CONCERTS AT FLINT CENTER SATURDAY AT SAN MATEO

1977-78
Peninsula Symphony
29th Season AARON STEN, Conductor

Symphony No. 8, D Minor ..... Dvorak
• Concerto for Cello and Orchestra ..... Dvorak
• James Kreger, Cello soloist
PROGRAM 8:30 P.M.

Friday, January 13, 1978
Flint Center, De Anza College
12250 Stevens Creek Blvd., Cupertino

Saturday, January 14, 1978
San Mateo High School Aud.—
Delaware at Bellevue, San Mateo

Adults $3.00, Students & Children $1.00
BOX OFFICE: 592-0476 (San Mateo County), 941-2090 (Santa Clara County). Individual tickets at box office of Macy's, Emporium-Capwell & Citizens Savings.

Wednesday Night Concerts
presents
ALEXANDRA HAWLEY,
flutist
and
KEN ZIEGENFUSS,
pianist

WEDNESDAY EVENING
JANUARY 25, 1978 at 8 P.M.

ADMISSION $4.00
SENIORS/ STUDENTS $2.00
732-0741

Wednesday Night Concerts
8 PM SUNNYVALE COMMUNITY CENTER THEATER
550 East Remington Drive, Sunnyvale

"A Supurb, High Quality Production."
Palo Alto Times 2 2 77

Scholar Opera
Presents
Hansel & Gretel
Friday - Jan. 13, 20 - 8:15p.m.
Saturday - Jan. 14, 21 - 2:00p.m.
Sunday - Jan. 15, 22 - 2:00p.m.
Spangenberg Theatre
Gunn High School Palo Alto

For Ticket Information Call 329-2623
Palo Alto Comm. Box Office, 1305 Middlefield, P.A.

In Cooperation with The Palo Alto Arts Department, CAPA., The Music & Adult Education Department of The Palo Alto Unified School District.

LUANNA SHAKEWELL (Judy Lovaglia) and Conrad Evil (Rick Myhize) love it up in the Barbary Coast Players newest production, "The Downfall of Evil." The show is running every Friday at 8:30 p.m. and every Saturday at 7:30 and 10:30 p.m. through Feb. 25. Prime rib dinners are now available with the show and are served one hour before showtime with advance paid reservations at the Opry House Dinner-Theatre, 21350 Almaden Road in San Jose.

Films

"HAROLD AND MAUDE" and "BREWSTER McCLOUD" — Foothill College Theater, Los Altos, January 13, 8 p.m. Admission $1, general; $.50, students and seniors.

SILENT FILMS WITH LIVE MUSIC — Palo Alto Cultural Center, 1313 Newell road, Palo Alto. A series of eight films on consecutive Saturday nights, starting January 14 with "DR. JEKYLL AND MR. HYDE," 8 p.m. For ticket information call box office, 329-2623.

"CITY LIGHTS" — Charlie Chaplin film, Campbell Library, 70 N. Central avenue, Campbell, January 12, 7:30 p.m., free.

"DUMBO" and THE THREE CABALLEROS" — A Disney double-header, Performing Arts Center, 550 E. Remington, Sunnyvale, January 13, 7 p.m. Tickets: $1, reservations are recommended, call 733-6611.

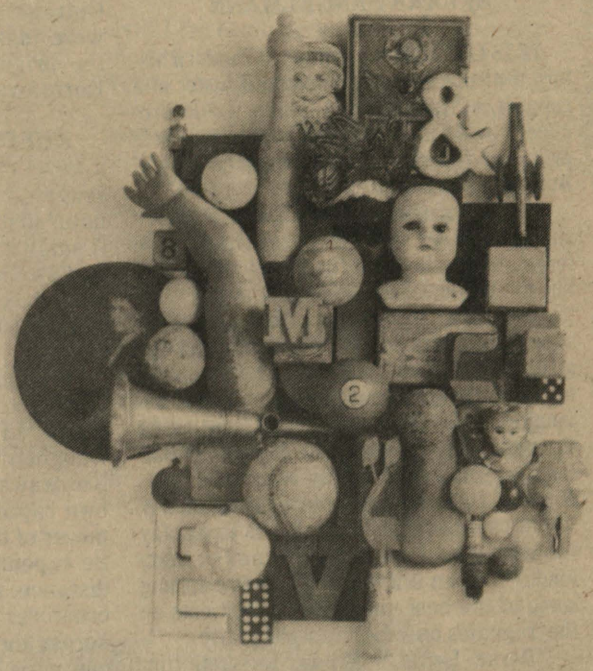
"AFRICA: BEYOND THE ZAMBEZI" — Explorama travel-adventure film, San Jose Center for the Performing Arts, January 12, 8:15 p.m. Admission: adults, $3.75; children, $2.50.

"DEATH VALLEY" — California Film Series presented by the San Jose Community College District, at Gunderson high school theatre, 620 Guandabert lane, San Jose, January 12, 7:30 p.m. Admission: $2.

Lectures

"GOVERNMENT AND CONSUMER COOPERATION IN THE EFFORT TO REDUCE THE SMOKING PROBLEM" — Dr. Jerome Lackner, Director, California Department of Health, Cupertino Public Library, Civic Center, February 14, 7:30 p.m.

SYMPHONY LECTURE-PREVIEW — Room A-11, De Anza College, Cupertino, January 13, 8 to 10 p.m. The subject is Tschaikowsky's Swan Lake, to be performed by the San Francisco Symphony in the Flint Center on Jan. 14. Admission: $2.



ASSEMBLAGES, Collages and Constructions is a show by Leo Kaplan that will feature such three-dimensional works as "Karen's World" at the Rubicon Gallery in Los Altos. The show starts Jan. 13 and ends Feb. 22.

Needlework show accepting work

Applications to exhibit work in the second biannual "Great American Needlework Show" at the Montalvo Center for the Arts will be accepted through January, it was announced by the Montalvo New Dimensions Committee, sponsor of the event. Official entry forms must be used, and Feb. 1 is the final deadline for mailing of the applications.

Well-known persons in the field of textile arts will judge all entries and cash prizes will be awarded. All work entered will be exhibited during March in the Villa Montalvo galleries and Carriage House.

Entry forms may be obtained from Jeanne Griffith, 18571 Withey Road, Monte Sereno, 95030; or Grace Parker, 13240 Via Grande Court, Saratoga, 95070. Further information may be obtained by calling 354-7122, 867-3560 or 867-3421 (all area 408).

on the mall

Free and fun: upcoming at area shopping centers

This is a service of MARQUEE to acquaint our readers to the free entertainment and other attractions at the various shopping centers in our valley. Listings may be called in to Wilma Albrecht, 255-7500 by noon, the Thursday before publication.

CAMPBELL SHOPPING CENTER
Winchester and Latimer, Campbell:
Flea Market — January 14 and 15, 7:30 a.m. to 5 p.m.

EASTRIDGE SHOPPING CENTER
Tully road and Capitol expressway, San Jose:
A Musical Happening — Enjoy the "Sounds of Celebration" in concerts provided by the Azusa Pacific College Concert Band from Azusa, California, January 14, 10 a.m. and 11 a.m.

EL PASEO DE SARATOGA SHOPPING CENTER
Lawrence expressway and Saratoga avenue, San Jose:
The Gentle Way — A three piece easy listening folk music group performing contemporary songs, January 15, 1 to 3 p.m., fountain courtyard.

THE AZUSA PACIFIC College Band will appear in concert at Eastridge shopping mall on Jan. 14. The renowned Southern California group will play in the grand court at 10 and 11 a.m.

VILLAGE FAIR ANTIQUES
Twenty Shops
Thurs - Sun
10 a.m. - 5 p.m.
417 Trout
Gulch Road
Aptos Village, CA
408-688-9883

group 21 GALLERY
Fabric Works by
JoAnn Miller Johnson
Also paintings, graphics, photos, sculpture, jewelry, fibers, glass, stoneware & porcelain by leading artists
100 WEST MAIN STREET
LOS GATOS, CA 95030
OPEN 11-5 DAILY

SAN JOSE MUSEUM OF ART
110 So. Market St. San Jose, Calif. 95113
SAN JOSE EXHIBITION
January 5-February 12
throughout the Museum
Including works by
Sam Richardson, Fletcher Benton, Eric Oback and Fred Spratt.
Representation by San Jose Art League, Santa Clara Valley Water Color Society, Works Gallery and San Jose Print Workshop
Tues.-Sat. 10:00-4:30, Sun. 12:00-4:00
Closed Mon. Admission Free

SUN GALLERY
Attic Clearance Sale
January 5th — 28th
choose from selected macrame hangings, weavings, photographs, watercolors, oil & acrylic paintings
also pottery seconds
Hours: 10-5 Tues. - Sat.
Vallco Village Corner
Of Homestead and Wolfe Rd., Cupertino

film/review

Russian 'Dersu Uzala' sings of brotherhood

By LARRY ENGELMANN

IT IS ONE OF the ironies of modern history that the Soviet Union could foster and support a film industry which would produce movies almost incomparable in their praise of freedom, brotherhood and love. But such is the case.

The art of filmmaking in Russia never succumbed to the otherwise inexorable forces of mediocrity that are communist kitsch. While filmmakers of the so-called "free world" have too often been consumed by a passion for the banal and disgusting, the films of Russia have soared to dramatize the real passions of life. Beginning with "Potemkin" and continuing through "The Cranes Are Flying," "Ballad of a Soldier" and "My Name is Ivan," Russian filmmakers have proven utterly uncompromising in their efforts to display the innermost hopes and feelings of mankind. From an unfree society have sprung some of the best cinematic statements on the tragedies and the triumphs of life.

"Dersu Uzala," a new Russian film with English subtitles now showing at the Los Gatos Cinema, is noteworthy in two respects. First, as a product of the Mosfilm Studios, it is without doubt in the tradition of the great Russian films. And second, it was not directed by a Russian at all, but rather by the great Japanese director Akira Kurosawa.

Prior to his work on "Dersu Uzala," Kurosawa established his reputation in the front ranks of international filmmaking. His productions of "Rashomon" (1950) and "The Seven Samurai" (1954) are classics of world cinema. American efforts to capture some of the Kurosawa magic in "The Outrage" and "The Magnificent Seven" were maked by their clear inferiority to the original product. "Dersu Uzala" is Kurosawa's first film in nearly a decade.

KUROSAWA ADAPTED this film from a novel of the same title by Vladimir Arsenyev, a prominent Russian traveler and naturalist. The story itself is quite simple. A small expedition of Russian soldiers led by Captain Arsenyev is sent out to explore and survey remote areas of Siberia. The year is 1902.

Filmed on location in Siberia, "Dersu Uzala" conveys a powerful sense of setting. Like David Lean ("Ryan's Daughter" and "Lawrence of Arabia"), Kurosawa communicates effectively his own rapture for the beauty and awesome power of the environment. Aresenyev's little expedition is shown at times from the distance, where it appears as tiny pathetic creatures crawling almost pathetically across the cold and forbidding land. The energetic efforts of the men seem futile in the face of an implacable, compassionless and unbending nature. They are aliens intruding in unknown regions, bolstered by their loutish and courageous talk, they huddle at night like frightened little boys around their campfire, whispering of witches and predators in the night that engulfs them.

Then, out of the darkness emerges not a predator — but rather the almost comical figure of Dersu Uzala, the hunter. Dersu is a bronzed little stump of a man, wrinkled and gnarled by his life outdoors. He identifies himself as a Goldi — a member of one of the native groups of Siberia.

He is both strange and attractive to Arsenyev's men. His oil leathered skin, like the bright campfire, exudes genuine warmth and light. But his sensibilities and his points of reference are completely alien to the soldiers. Dersu addresses the men at one moment and in the next talks to the fire or the trees or the wind. When the men laugh he warns them that "the fire is a man" and "the wind is a man" deserving of respect and deference.

At first Dersu's gibberish is fuel for jesting and imitation. The soldiers relate to the old man as they would to an orphaned animal. Nevertheless, Dersu agrees to guide the expedition through the surrounding regions.

IN THE FOLLOWING weeks, Dersu manages to transform the ridicule and laughter of the soldiers to affection, then respect and eventually to unrestrained love. The transformation comes about through Dersu's selfless generosity and through his demonstrated expertise as a guide.

He not only leads men through the wilderness, but he gives them new eyes. For he is still a man who can see the mystery and wonder of the natural world. He also sees its dangers and imperatives, its rewards and punishments. Nature has no mercy for the ignorant and the weak. To survive, every man must become wise, must learn to respect and to fear the forces that surround him. And in learning that respect and fear men discover in themselves that center of the soul that bubbles up to manifest itself in the deepest feelings of brotherhood.

The completion of the surveying expedition and the parting of the little hunter and the soldiers is a touching and a poignant moment. The soldiers march off loudly singing a folk song, but break off their music to turn and gaze back in wonder and admiration as their guide plods back into the wilderness.

A second expedition five years later, again led by Captain Arsenyev, once more contacts Dersu. But time has changed the old hunter. He is now more crotchety and intolerant of the ignorance of the Russian soldiers. Arsenyev discovers that time has given the hunter a gentle warning tap on the shoulder — his eyesight is failing rapidly. It is clear that he cannot go on for long living alone in the wilderness.

SO ARSENYEV persuades the hunter to return with him to the city and there to retire in a house. But Dersu quickly lapses into depression in the city. He cannot understand how men can be happy to sit all day in a wooden box and buy their water and wood. Unable to make the transition to civilized life, Dersu returns to the land and the fate that befalls all creatures in the wilderness when they are slowed and weakened by age.

The pacing of "Dersu Uzala" is leisurely, almost irritably so in the beginning. But about half way through the film the various elements of the story begin to fall rather rapidly into place. From then on, "Dersu Uzala" is a cinematic folk song. It sings of the brotherhood of all men and of man's destiny. It has a palpable soul to it, a haunting and touching quality that makes it a movie for the heart rather than the mind.

the paperback rack

Individualism theme for successful author

By JOYCE MILLIGAN

"INDIVIDUALISM is dying in this country," claims Earl Thompson, author of "Caldo Largo" (Signet, $2.25). His Hemingway-like story of a Texan who realizes his dream of becoming an independent shrimp boat operator only to see it dashed in the waters of the Gulf of Mexico describes the struggles of a man who wants to be free of the system.

Thompson's hero, Johnny Hand, symbolizes the blue collar entrepreneur. Said Thompson, "His point, his great unhappiness, the reason he fights at all, is to maintain an individuality, and his great fear is to work for the company. . . . Working for the company might have been better for him economically, but it wouldn't have been spiritually . . .

"Nearly all of us are working for 'the company' in some way," Thompson explained. "The government is virtually a company. The army is a company. Our alternatives are very limited and when we get an alternative we usually fail at it . . ."

Johnny Hand's alternative is to run guns for a group of Cuban dissidents to keep from going under during a bad shrimping season. His tragedy is one with a common thread.

"THERE'S A LITTLE glimmer of hope," said Thompson, "a gamble, and if you make it that's great, but if you don't, you're wiped out. There was really no moral question for Johnny Hand, just a question of hazard. He wanted to make a living the way he was doing, being a fisherman. He didn't need a revolution, as a fisherman, but that's what was there . . ."

Thompson, like his book's protagonist, is apolitical. During the Cuban revolution he was a reporter in Mexico, and he is acutely aware of the effect the revolution had on the people of the gulf coast.

He was also a man of the sea and even today, he lives in a ten-room house on the ocean at Bolinas that creaks with the pounding surf. He also keeps a 39-foot sailing boat.

His attachment to the sea and his knowledge of marine life provide some of the vivid background for the book. There is a graphic scene when a sand tiger shark is hauled aboard with the shrimp and is cut open revealing two slashing, biting young. "They cannibalize each other even in the womb," Thompson observes. "Only the fittest survive."

"CALDO LARGO," which in Spanish means "the soup of life," is a heady, lusty dish concocted by a first-rate writer. The sex scenes — as well as the brawling, the battling of the elements, and the violence of death in the bull ring or at sea — are explicit, no-holds-barred imagery.

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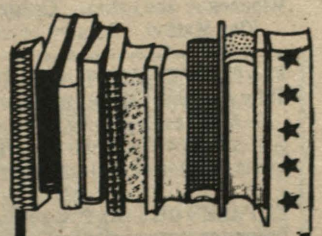
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the winetaster

Differences between sexes count in winetasting

By MARY LESTER

WOMEN'S LIB aside, I believe men wine tasters have it easier than women on the same job.

This especially applies in the case of a woman wine writer-taster who is very feminine — me.

The most annoying working no-no is that I cannot wear perfume while professionally wine tasting. Perrfume spells disaster to anyone's olfactory glands — anybody, that is, who happens to be near me.

The sense of smell is highly important in wine tasting. To judge a wine's characteristics, the aroma and the bouquet must be noted. Perfume, or any strong foreign odor, destroys the true evaluation. Even wearing hand lotion or scented soap can mislead the nose into picking out faults when they are not there and not getting the correct smell of the wines.

Possibly one of my most embarrassing moments was when, some 15 years ago, I was invited to taste with the great international wine authority, Frank Schoonmaker. It was around 9:30 in the morning and I put on my prettiest dress, extra special dabs of my favorite French perfume and self-assuredly swished up the steps to the laboratory.

THE TASTING OF 30 different wines commenced. We were into the second when Al Huntsinger, then Almaden's winemaster (and now Geyser Peak's winemaster in Sonoma), sternly remarked: "Mary, go bathe; your scent is making our work useless." I ran to my house across the courtyard of the winery grounds and broke the shower record.

Another frowned-on feminine allure is the wearing of lipstick, although one winemaker told me: "if you're used to tasting with lipstick on, then keep wearing lipstick and the wine should taste the same." Well, I'm inclined to believe the winemaker but, since it's a man's world I'm in and I'm not young enough to do without some color on my face, I willingly ignore the purists and keep on at least a touch of lipstick — not always grape shades either. Also, I've found from years of experience that if you blot your lips before tasting from the glass, there should be no derogatory comments. Just don't leave a greasy smear!

The "smoking is positively forbidden" signs I can easily forgo because I've never smoked for the simple reason I cough when I do. But, some of the greatest wine tasters in the world smoke — and heavily. Seldom, though, within an hour or so of the tasting or during it.

One exception is world-renowned Andre Tchelistcheff, formerly of Beaulieu, who smokes through tastings. In fact, a few years ago, a doctor ordered Andre, then about 70, to stop his chain smoking. Tchelistcheff did; he likewise found his taste buds completely altered and — as far as wine comparison — kaput. So, back to smoking and connoisseur judging of wines.

Andre may smoke, but when I'm at a party and actually drinking the wine, I'm the one who can be easily spotted by following the perfume.

cb sender

Should we teach CB education in our schools

By MICHAEL J. McCORMACK
(KDY-9134)

Now that we've taken prayer out of our schools, I think it's time we put something else into them. I think we should put CB education in our school system.

Of course, I would like to see the idea supported by the FCC and maybe financed by the government.

We all know that there is a lot of CB abuse nowadays. I think if we can teach our children the proper way to use the CB radios, it could be advantagious for all of us.

To start with, there are not really many outlets for learning about the proper way to use a CB radio. One of the reasons is because until recently the FCC rules were very difficult to understand and thus there weren't many persons qualified to teach them. Another reason for the nonexistence in public schools of CB education was there wasn't a need for it until the CB boom.

But, with over 10 million licensed CBers in this country you can bet that a substantial number of them have children using CBs. Naturally, many parents will teach their children the proper way to use the CB and the FCC rules, if they are operating their CB properly and if they understand the FCC's rules.

I personally don't believe that good examples are enough for educating our youths on the proper way to use a CB radio. This is why I'm in favor of putting CB education in our class rooms.

Teaching CB would also educate young people on helping their fellowperson because that is what CB is all about. If youths are taught the proper way to handle a 10-33 (emergency call) or how to give road directions the results will be beneficial to all of us.

Some may say that we shouldn't be teaching CBing because it is an adult toy. I say bunk to that theory. The so-called "adult toy" has saved thousands of lives in this country and is constantly helping people in our society, from lonely senior citizens to people looking for a lost child.

Some say by the late 1980s most of the people in this country will operate some type of personal communication system in which the citizen band will be used. And, if this is the case, then it is up to us to start educating the younger generation about the proper use of CBs.

If you have any questions about CBs or CBing send them to Mike McCormack, C-O The CBers' News, P.O. Box 1702, Columbia, Mo. 65201.

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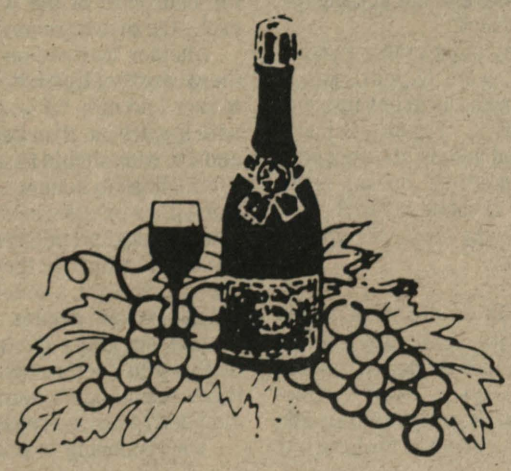

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